

PHTHISIOLOGIA

A

P O E M

MISCELLANEOUSLY DESCRIPTIVE AND DIDACTICAL:

IN FOUR

P A R T S.





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MISCELLANEOUSLY - DESCRIPTIVE AND DIDACTICAL;

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P A R T S.

To which are Prefixed

CERTAIN.]

P R E L I M I N A R Y,

AND

PHISIO - MEDICAL OBSERVATIONS,

AND

ADMONITIONS:



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I'M ALL SUBMISSION WHAT YOU'D HAVE IT MAKE IT.

*Pope.*

L O N D O N :

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1798.



PRELIMINARY  
AND  
PHISIO-MEDICAL OBSERVATIONS  
AND  
ADMONITIONS.

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CONTENTUS PAUCIS LECTORIBUS.

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— NAM SATIS EST EQUITEM MIHI PLAUDERE:

HORATII SERMONUM L. I. ECLOGA 30





PRELIMINARY,  
AND  
PHYSIO-MEDICAL OBSERVATIONS  
AND  
ADMONITIONS.

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THIS prefatory part, is meant to convey to the reader, such observations relative to the sequent Poem, as will not, I hope, displease him; they are such as accrued to the Author upon reperusing this, and may be considered as elucidating it, and making the whole suitably explete. Though they are chiefly medical, I hope they will not be less appropriatedly useful and pleasing to the generality of those who may deign to read the work. However that may be, I will not intrude the reasons which induced me to give them; it appears unnecessary, as well as the motives which have introduced the author thus to public notice. In withholding these, he dare not attempt to apologize for those defects, which perspicuous minds will without doubt, perceive in his work. Should he produce his apologies, he imagines, they would be only like the covering, of such a veil, as is worn by some females of the present fashion; which, though it may coincide with the purpose of their ideas, is easily seen through, by the wearer, as well as others.

The Poem, was not composed for those only, who are accustomed to read medical writings; if it had, it would have more minutely adhered to the subject; and have included more matters intrinsically relative to that. The design was intended for the world in general, when the publication of it was resolved upon; though no flattering sentiment ever pervaded the writer's mind, that any extensive circulation of it would ever take place; or that it was endow'd with such attractions as would allure the notice of

the multitude. In the small number, who may vouchsafe to bestow their attention and candour, there may be those, who may not be much informed of the branch we have sketched; and who may consequently, be grateful for reaping any advantages which there is a probability they may, from these admonitions being premised; which will follow in the order they are met with in the Poem, unless, where any subject, more immediately attached to another, could be rendered more clear, by their being aggregated.

Whether I have done any thing in the whole, deserving of approbation, those to whom it is now submitted, will determine; my own diffidence, whatsoever may be the fate of it's production, has but a lowly station to fall from; expectation has never lifted it, by its eagle wings: it has long had an intimate acquaintance with disappointment: though the familiarity has not done away that sensibility which this has power to awaken.

Whilst I avow, that I have often affixed blame to this enterprize, when I considered, the little of originality of sentiment or knowledge, I was giving to the world, I sometimes found a degree of consolation, that the manner only of diffusing some degree of information might meet with commendation; and as to what I am now to offer, in this part, I shall only, upon that idea, think any merit can be claimed; because, I seldom mean to presume, upon giving more than the opinions of those, whose sentiments I have been taught, and writings which I have had it in my power to consult. Hence, may I be accused, justly, of "printing what was published long before," and condemned, because

"If nought peculiar through your labours run,  
"They're duplicates, and twenty are but one."

The title of this Poem has been anticipated long ago, in a different work \*, to which it is more applicable perhaps, than to this; as being a professed treatise upon PHTHISIS.†

The

\* Phthisiologia. Auctore R. Morton, M. D. Londini.

† Defined by Cullen to be an expectoration of pus, or purulent matter,



The word CONSUMPTION, has been used as a generic term for emaciation; but its application has been more generally made to that disease of the lungs, which so often is attended by bodily decay.

Our allusions, now, are only made to that pulmonary affection, which is most properly idiopathical; and which is supposed to arise in those, whom PREDISPOSITION prevails; according to the sense of construction it has commonly been used in.—As a state, established in the body, favourable to the production of disease, whenever any analogously noxious power, or occasional cause \*, is applied to it †; though, perhaps, it may be better to adopt the opinion and words, of a celebrated Author ‡, who calls it, a state,

matter from the lungs, attended with hectic fever \*.” First Lines of the Practice of Physic, 853. But in his Synopsis Nosologiæ, where it is mentioned as the sequel of hæmoptysis, he adds, “Emaciation and debility, with cough”

Phthisis pulmonaris est consumptio totius corporis, cum febre, a mala affectione, et ab ulceratione pulmonum tandem originem ducens.

De Phthisi pulmonari originali. Morton. loc. cit. See also an Essay on the Nature and cure of the Phthisis Pulmonalis, by T. Reid, M. D. 1782, p. 2.

\* All diseases are brought on by some external application to the body or mind; and this is called occasional cause of a disease. Fordyce.

† Gaubii clariss. Pathologia, § 75; and on predisponent morbid cause, § 59. Prædisponens dicitur conditio quævis corpori inhaerens, qua illud aptum est, nata conditione, morbum suscipere.

‡ Vide Joannis Brunonis, M. D. Elementa Medicinæ, editio Edinburgi, 1784, Cap. I. § 8. Cap. VIII. § 73. and edition (of the translation) by T. Beddoes, M. D. § 77 and 78.

\* A definition of which, he also gives in his Synopsis, p. 80; but with an added note, that he does not consider it as an idiopathic (primary) disease; judging it, as I believe it is, by most physicians now, only a symptom of some topical affection, and most frequently accompanying a purulent state of the lungs. First Lines, 74, 861, 858. Reid, Ch. IV. et seq.

intermediate between perfect health and disease; a state of the body which recedes from health, and approaches disease, in such a manner as to seem still within the boundaries of the former, to which, however, it bears only deceitful resemblance; predisposition, and disease, differing only in degree, and that whatever with a given force produces the latter, when acting with a less force will produce the former. And, as noxious powers producing disease, produce also the predisposition to them, we may say, that such as are really in this state, or if born so, are under a degree of the disease.

This condition, or DISPOSITION, has been, by most authors, termed *hereditary*, and by some, an indelible and irresistible impression, derived from the parents\*; one of the most fertile stocks upon which any exciting cause of this disease can be grafted. Observation having noticed, that families who were of a weak and delicate race, were much attacked by phthisis; and, that as the form and character of body, as well as the mind, descended from parent to child, it was thus deemed hereditary. Morton† places the question, whether the disease affecting has attacked a patient sprung from phthical parents or not? as a consideration necessary for the diagnostic; and mentions that condition, amongst the remote, or pre-existent causes of Phthisis.

Howsoever this really is, it may be observed, we have assumed it as a datum in our poem, wishing only to remark now, that pro-

\* Ad phthisin proni—Qui phthisi indelebilem, impressionem a parentibus, licet, *irrestituibiles*, sunt tamen duiturniores. Obs. Diagnosin Spectantes; authore C. Benedicto, M. D. Londini, 1656.

† Dispositio etiam hæreditaria sæpè sæpius Phthisin pulmonem infert, cum omnibus sit satis notum natos a phthisicis parentibus in eundem morbum esse proclives. Loc. Cit. p. 70. De causis pro catarcticis. Ortus a parentibus phthisicis; si quidem iste morbus (quantum mihi observare licirit) est præ ceteris omnibus hæreditarius, p. 74. De signis diagnosticis.

bably there may be little good foundation for such an opinion, but as agreeable to the preceding idea of Dr. Browne's \*.

\* We may rightly give the same reasoning here, which he uses respecting the gout. Those who differ from the opinion, let them be guided only by facts, in this as well as in phthisis.

“A taint, transmitted from parents to their offspring, and celebrated under the appellation of hereditary, is a mere tale, or there is nothing in the fundamental part of the doctrine. The sons of the rich, who succeed to their fathers' estate, succeed also to his gout: those who are excluded from the estate, escape the disease also, unless they bring it on by their own conduct. Nay, if there be but two diseases, in the strict sense of the word, they must be either all, or none of them, hereditary. This supposition makes the noxious powers superfluous, which have been proved to be every thing respecting disease; and, as it is, therefore, absurd, so the truth of the latter opinion must be admitted. The stamina, or simple solids, are so given in our first conformation, that some persons are distinguished by a rigid, others by a slender state of the whole mass. This variety of the stamina, if the exciting powers upon which the whole phenomena of life depends, be properly managed, admits each its respective state of health, suited to its respective nature, and sufficiently good, if the excitement suited to each be kept up, by a proper direction of the stimuli. Though Peter's father may have been afflicted with the gout, it does not follow that Peter must be affected; because, by a proper way of life, that is, by adapting his excitement to his stamina, he may have learned to evade his father's disease. If the same person, who, from his own fault, and improper management, has fallen into the disease; afterwards, by a contrary management, and, by taking good care of himself, prevents and removes the disease, as it has been lately discovered. What then is become of hereditary taint?—A certain texture of stamina is favourable to certain forms of diseases (which forms are of no consequence), so that, when the excitement is adapted to the stamina, even those forms can be prevented or cured.” *Elements of Medicine*, edited by Beddoes. 603, et seq.

If



If a child is exposed to the same causes which have noxiously affected a parent, he, probably, will be liable to the same diseases the latter was.

It is from the variety of appearances, in the condition of the body and mind, that the descriptions of different TEMPERAMENTS have derived their origin, as given by different authors; though, perhaps, upon little just foundations: for the characters of each, as so given, are by nature so much intermixed, in each person, that they seldom admit of a specific name being given, as prevalent in each habit. Such an establishment of the distinction of temperaments, has been handed down from Hippocrates, to the present day, with very little variation\*.

Dr. Simmons considers *whiteness of the teeth* as a distinguishing characteristic, or as a mark of predisposition to phthisis. Dr. Reid says, he has only observed it in some patients. Our own attention confirms this.

The clearness, or fairness of the skin, in persons ill of phthisis, or previously disposed to it, has been generally noticed. And with regard to *complexion*, or the colour given to the exterior surface of the body, it may be understood from the following: From the distribution of the vessels carrying blood, which may vary in colour, from a high florid or pure red, to a tint of yellow; for, as Dr. Fordyce† says, the blood flowing in the blood-vessels is scarlet, that is, a mixture of red and yellow; in the arteries, the yellow is more or less lost in its passage through the capillary vessels into the veins; but whilst circulating, a portion of the yellow is still retained by the veins; *the skin*, which is divided into the scarf, or outward part, or cuticle, the true skin, and membranes of a particular name, which lie between, is colourless; so is the cuticle, which is transparent; but, a part of the membranous lining is not so, being of a lighter or deeper brown; that is, a mixture of red, with a less proportion of yellow and blue than

\* The sanguine, melancholic, choleric, and phlegmatic.

† See a Dissertation on simple Fever, p. 55.

constitutes white or grey. It is this part, which, seen through the cuticle, gives the colour which the person is seen to have; and is of different shades, according to climate, from black, brown, to yellowish. In the negro, from its colour, it is more easily discovered, than in the European, of fair complexion. It gradually acquires more colour as age advances; since children are fairer than adults; in undergoes, also, a change in the European, when exposed, in hot climates, to the rays of the sun.

That mixture, constituting the colour, is not always the same, in different people; sometimes it is such, as to approach more to white, and sometimes more to grey; thus governing what is called *complexion*.

Though we have chiefly taken our example described, in the predisposed form, from the young and beautiful \*, having an allusion to the object, whose fate first suggested the idea of this work, but, it will be observed, we have drawn another state, wherein MALCONFORMATION OR DISTORTION of the CHEST is obvious, and which, experience teaches us, is aptly to be reckoned amongst

\* Whom, with the ingenious, are the ordinary prey of phthisis. Et hæc generis humani strages immanis in juvenes præcipue cadit, sæpe in formosissimos, præcipue sequioris sexus, et in eos qui ingenio, et animi et corporis elegantia, præstant. And how often have you to lament that it fastens upon the objects of your fondest attachment; after whose loss, this busy world will seem to you as a cheerless desert! Pauci sunt quibus cognati, familiares aut amici, hac peste abrepti, non sunt lugendi. Misera hæc tabes, sæva, atrox, et insensibilis, teneros et amabiles depascens, cæde et luctu patriam implet. I am aware of the interest which a child, consuming by a slow decay, must excite in the bosom of a parent. Full allowance, however, being made for the effect of compassionate affection on the imagination, it will often appear, that the most amiable individuals of a family, are really singled out by consumption.

De morbis coeli mutatione medendis, p. 326, and Letter from Dr. Beddoes to Dr. Black, p. 3.

the

the predisposing causes of phthisis; wherein, the habit is slender and weak, the organs of respiration being, by that confinement which the bony structure makes, impeded in the free exertion of their office; hence, the ease and freedom of the circulation of the blood must be also restrained.

In the note, quoted \* from the Latin poet, a *figure of a phthifical person* is depicted; which, for the sake of the English reader, may be thus rendered:

His frame, so destin'd by his luckless fate,  
In life speeds onward to the tabid state.  
Who, from an offspring, phthifical akin,  
Derives his frail entailed origin.  
Whose lungs a saltly phlegm most often taints,  
Or the chest grieves catarrhus, with complaints.  
In whom the pallid and emaciate face,  
And through the form, we, want of vigour, trace.  
Whose weak and raucoſe voice, imprifon'd pent,  
From ſtrict confines, with labour'd breath is ſent.  
Whose ſtork-like neck, in lengthen'd ſhape extends,  
And from the peaked ſhoulder's height appends.  
Whose blades, like as an eagle's wings dilate,  
With prominence, as in a fleeting ſtate.  
Why thus, perhaps, this ſemblance ſhould be made,  
Why on the phthifical theſe modes invade?  
Knoweſt thou not? it hence may be ſuppos'd,  
With this intent, comparably, diſclos'd.  
Such form, denotes the ſyſtem cannot ſhare  
Long, on this orb, a fickle vital care.  
But, like the eagle, ready hence to fly,  
It ſoon ſhall ſeek the diſtant realms on high.

This ſtraightneſs of the cheſt, may be, as Morton ſays, either

\* See Poem.



natural or accidental\* : natural, when the form, from parental similitude, grows from infancy ; as may be often observed in those who are called chicken-breasted. The sternum, or front bone of the breast, standing forwards, with a convex form, or depressed inwards, in the lower or other parts ; the extremities, or cartilaginous parts of the ribs, on each or one side, flattened, where the proper curve ought to be, as it is in those who are healthily and proportionately formed. The accidental may be acquired from circumstances, in those whose family form has no such tendency ; which may cause curvity, depression, or distortion of some part of the bony defence of the lungs.

The causes which may effect distortion of those parts, may often be traced to those circumstances which induce debility in the infantile frame ; or, to a certain state, ab origine, of the constitution, unfavourable to the healthy progression of ossification ; which mysteriously prevails in some, without being understood, or being justly accounted for, upon any certain or well-founded reasons. Bad nursing, is well known to be a most culpable cause of debility in all children ; consequently, it must more particularly affect those who are weakly from birth, and whose natural stamina have a tendency to that ; in such, subjected to that neglect, many miseries are produced and entailed on their future lives. Under such treatment, how often do rickets afflict ! under the idea of bad nursing, we include the neglect of proper clothing, inattention to exercise, cleanliness, and good air ; want, and abuse of, proper nutriment. Children require to be warmly and softly clothed, and to have that clothing changed, as often as cleanliness requires : whilst the skin, also, to ensure the latter, is attended to, with suitable washings, frictions, gestation, and motion. The utility of these will naturally lead to a change of places, where the air is in a fit state for respiration ; from confinement in close dwellings, where a number of people crowded together by day, and sleep by night, vitiate the air, and render it unfit for respirable sustenance to the human

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race.

\* Phthisiologia, p. 70, 74, 76, &c.

race. Infants require more of food, in proportion to their size, than adults; as experience has told to all those who have a pleasure in supplying and superintending their necessities; they require it also, frequently to be given, in such proportions, and of such a nature, as will not burthen the stomach, or allure the palate to take more than is requisite.

A sedentary inactive life, is, to all, prejudicial, if long continued. During the growth of the body it is particularly so, especially if it is confined long in any one posture, interrupting the free extension and action of the limbs, or causing unequal pressure upon other parts of the trunk. The restraint which dress formerly imposed upon youth, especially females, seems, in that fault, to have been successfully combated by the opinions and precepts of authors and others; who have gained a conquest over some absurd fashions and anile sentiments; to the great advantage, in shape, health, and pleasure, of the present and future generations; for now, ease, and gracefulness, seem to have formed a league against, and succeeded to, stiffness and formality. The restrictions which apparel formerly imposed upon ladies, seem lately, by some present fashions, to be exploded by them, and eagerly accepted by gentlemen, whose various ligatures, if not inimical to health, are at least strongly at variance with comfort.

The necessity, therefore, of attention to the infantile state, cannot be too strongly enforced; and ought never to be forgotten by those under whose care they are; nor by those under whom the youth of both sexes are placed in their juvenile years; that whilst the cultivation of the mind is indubitably needful, and attended to, those liberties which are necessary, in air and exercise, for the security of healthful form and vigour, should be liberally indulged in, as well as the requests of the appetite for food, and the body for clothing; so that the rising generation may say with the Poet:

Such the reward of rude and sober life;  
Of labour such. By health the peasant's toil  
Is well repaid; if exercise were pain

Indeed,

Indeed, and temperance pain. By arts like these  
 Laconia nurs'd of old her hardy sons ;  
 And Rome's unconquer'd legions urg'd their way,  
 Unhurt, thro' every toil, in every clime.

The TEMPERAMENT we have noticed, which is supposed most prone to the species of phthisis we allude, may be called the *sanguine* ; or such, in whom there is a softness, whiteness, and delicacy of the skin, a slender form of body, fair and ruddy complexion ; in which the colour of the venous vessels are distinctly traced, the eyes generally blue and the cheeks florid \* ; the hair of  
 an

\* From the appearance of similitude in the temperament of those disposed to scrophula and Phthisis, the analogy of the two diseases has been deduced, and “ from observing that a Phthisis, at it's usual periods, frequently attacks persons born of scrophulous parents ; who had been afflicted with scrophula in their younger years—and even when no scrophulous affection has either manifestly preceded or accompanied a Phthisis, this last, however, most commonly affects persons of a habit resembling the scrophulous ; that is, persons of a sanguine, or of a sanguineo-melancholic temperament, who have very fine skins, rosy complexions, large veins, soft flesh, and thick upper lip : and further, that in such persons the Phthisis comes on in the same manner as it does in persons having tubercles. Cullen. Cor. cit-at. 879.

“ The only dissimilitude which I have been able to ascertain between them, and which by no means can be considered to constitute any essential difference in the characters of these diseases, is in the time of their attack : scrophula being for the most part, observable in the earlier part of life, and Phthisis at a more advanced age. In fact, therefore, the phthisis pulmonalis seems to be nothing more than scrophula arrived at the years of maturity ; more formidable certainly in its advanced age than in infancy, in proportion as the seat of it's affection is of greater importance of life, than the diseased glands of an earlier period. — The best histories of scrophula teach us that laxity and delicacy  
 to



an auburn, reddish, brown, or light colour; and of little strength: as opposed to that of the melancholic temperament, where it is generally strong and black; in the choleric, blackish; and in the phlegmatic white. The cellular texture and muscular fibre, is soft and tender. With such a condition of the body there is combined much sensibility of mind, susceptible of the finest impressions of tenderness and sympathy.—The irritability, as generally understood, great; the genius quick, and the imagination chearful—the strength of the body moderate and active—its figure rather disposed to plumpness or obesity, to plethora or fulness,—the heart being active, and rather strong, (with respect to the system of blood-vessels) to hoemorrhagy, inflammation, and hysteria\*; to colds, catarrhs, consumption and scrophula†.

*Such a constitution* as this, in the *female sex*, we have assumed as the model of our description; which includes an allusion to that case which is often tuberculous, or the *florid consumption*. The species of this disease which have been enumerated by medical writers are very numerous, besides this—but the “distinctions founded upon the states of the body merely imaginary, or such as are not characterized by signs obvious to the senses” are justly exploded.

“of fibre are the distinguishing features of persons who are subject to it. The same appearances constantly mark the predisposition to phthisis pulmonalis. The circumscribed redness of the cheeks, and other symptoms of phther, are equally common to both diseases. This plethora is the immediate consequence of that laxity of muscular fibres, which pervading the whole of the vascular system, occasions the blood-vessels to admit a larger quantity of blood into them, than in their natural condition they are capable of receiving; and produces that local congestion in the face, and that distention of veins, which are found to accompany scrophulous and phthisical patients.”

Essay on pulmonary Consumption, by W. May, M. D.  
p. 38. & seq.

\* Treatise on the Materia Medica, by Dr. Cullen, Vol. I. page 112. & seq.

† Essay on the Materia Medica, by W. Moore, p. 35.

exploded. "I am nevertheless disposed to think that there exists  
 "a more essential difference between different cases of Phthisis  
 "Pulmonalis than the British practitioners in general seem willing  
 "to admit. This difference appears to be clearly indicated by the  
 "symptoms; and it would probably be completely ascertained by  
 "dissection, if it were more the custom to open the bodies of per-  
 "sons who die consumptive. Two varieties or two species have  
 "lately appeared to me to be well marked;—the first may perhaps  
 "be termed the *florid*, in which, especially during its approach  
 "and towards its commencement, we perceive at the time of the  
 "accession of feverishness, the vivid redness of the cheeks, as well  
 "as an extraordinary permanent redness of the lips, of the tongue,  
 "and fauces. The *eyes* too, in such cases, are remarkable for their  
 "*vivacity*. The blood, discharged by epistaxis\* or hoemoptysis†,  
 "has a colour evidently more florid than usual. The other variety  
 "sets in at least with very different symptoms, and has been called,  
 "on account of the prodigious expectoration of mucus at its com-  
 "mencement, the *pituitous* or *catarrhal* consumption‡."

There appears to be, in every constitution prone to hoemorrhages  
 and catarrhose complaints, a condition of debility—and when such  
 effects take place, we may argue that there is some depraved state  
 of the lungs ||—a frame incapable of bearing exposure to different  
 changes, in the habits of life, or to those causes which endanger  
 increase of debility—not to be compared to such a hardy race as  
 Sallust § mentions, healthy, vigorous, and capable of sustaining  
 labour,

\* A bleeding from the nose.

† A discharge of blood from the lungs.

‡ A letter to Erasmus Darwin, M. D. by T. Beddoes, M. D.  
 p. 6, & seq. & 26.

|| Hæc signa debilem quidem universi corporis habitum mon-  
 strant: pulmonum autem pravam fabricam præsertim nonant.

Dissertatio medica inaugurales Gregorio auctore claris-  
 simo, ex Thesaurο Medico, Edinensis, Tom 3.

§ Genus hominum salubri corpore: velox patiens laborum:  
 plerosque senectus dissolvit nisi qui ferro aut a bestiis interierê, nam  
 morbus haud sæpe quemquam superat. De bello Jugurthino.

labour, who sink to the grave by the force of age rather than disease, unless they are priorly so unfortunate as to perish by the sword, or become the victims of the beasts of prey.

In the temperament of decreased irritability, as defined by Dr. Darwin \*, subject to consumption, and to all other diseases of debility, there is observed a largeness of the aperture of the eye, which, he says, has by some, been reckoned a beautiful feature in the female face, and indicating delicacy; but to an experienced observer a mark of debility; therefore a defect, and not an excellency—debility is the mark of this temperament, which, is most frequently found amongst females; and narrow-shouldered men. Popular opinion supposes those who are of such a temperament, to be more irritative, according to the common acceptance of the word: but in reality they are not so: for defect of irritation, and excess of sensation alone, most frequently produce disease in the temperament of sensibility—for irritability, and not sensibility, is immediately necessary to bodily health; when there is excess of sensation, there is increased activity of all those motions of the organs of sense, and muscles, which are exerted in consequence of pleasure or pain—such are liable to inflammatory diseases; and to that kind of consumption which is hereditary; and commences with slight repeated hoemoptoe.

The *circumscribed floridity of the cheek*, may not always be present, before evident advances of the disease have taken place. In the

\* Zoonomia, Vol. 1.

† Dr. Darwin queries, whether the iris (pupil of the eye) does not generally become more contracted just before and just after Phthisis commences? Though it is impossible not to perceive the acuteness of the argument from the habitual dilatation of the pupil to the inirritability of the system, do not some appearances shew more decisively still, that the system about the beginning of consumption is highly irritable? Being soon heated by small degrees of stimulant diet before debility comes on.—Even so, I do not understand why in an irritable state of the body, the iris should be unirritated.

Letter to Dr. Beddoes, p. 71.



the progress of the disease, it is evidently marked, upon the pale face \*; as well as the *pearly appearance* of the tunica aduata † of the eye. During a paroxysm of hectic, the redness is truly evident; the lips also, and tubercles in the inner canthus ‡ of the eyes, are brighter than when in health §.

“ The hue of the hectic countenance, clear, bright and flushed, diametrically opposite to the scorbutic complexion, affords some presumption of a state of the blood, equally receding, but in opposite direction, from the standard of health. The countenance of persons flushed by exercise or food widely differs from that vermillion bloom, which is mistaken by the uninstructed for the sign of health, though it is the harbinger or attendant of an incurable disease. On holding the hand of a consumptive person against the light, the semi-transparency of the margin of the fingers and joints is, I think, evidently of a more vivid carnation in consumptive patients.”

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### FREQUENCY AND FATALITY OF PHTHISIS IN THIS ISLAND.

Experience, and constant observation prove, that there is sufficient reason to be convinced of this; without mentioning what the Bills of Mortality vouch for in London: or the registers of other parishes.

There

\* Cullen, p. l. 860.

† That part called the white of the eye.

‡ Or angle, where the eye-lids embrace each other, near the nose; where the little red tumour, called lacrymal caruncle is seated.

§ Reid, p. 10. loc. cit.

There is no disease which afflicts Britain, that despoils its inhabitants more than this; hence the desirable object of attaining the possibility of preventing, and the utility of enquiring into the causes of it: whether we consider the devastations which it makes, or the objects which are most its prey. It is from this frequency and fatality that it has been repeatedly deemed an endemic \*.

The causes of this are difficult to be ascertained, whether we institute an enquiry, upon the idea of its being of a *scrophulous nature*, or not; or we allude to the *nature of the climate*; or our *manner of living, and clothing*.

Respecting *Scrophula*, though it may be more prevalent here, than in many other countries we are acquainted with, we dare not determine that it arises from the effects of climate altogether; because it has been occasionally observed in all, and in all situations, whether cold, hot, humid, or temperate: and has been noticed in all ages †—but, is supposed to be more prevalent, in cold and humid countries, than in the temperate and dry—not being so frequent in Italy, as in this island—in Spain, the accounts we have, leave this still dubious—in Ireland its frequency is said to be more than here; as also, in the western parts of the island, than in the eastern: as is imagined, to be owing, to the greater humidity which is found there. It may be said however of this, and Phthisis, as was said on another occasion,

Ere yet the fell Plantagenets had spent  
 Their ancient rage, at Bosworth's purple field;  
 While, for which tyrant England should receive,  
 Her legions in incestuous murders mix'd,  
 And daily horrors;————

Albion the Poison of the gods has drank ‡.

It might be conjectured, that every inhabitant of a climate, was  
 by

\* Dissert. inang. Gregory.

† Gregory loc. cit. p. 331. & seq.

‡ Armstrong loc. cit. B. III. L. 531, 533. & seq.

by nature, originally adapted to that in which it was placed; since we find no irrational animals, naturally, in sites improper for them: therefore, that mankind, might live under all the varieties, and inclemencies of their native climate, without injury, provided they lived according to the laws of nature. In many instances, we find people in a rude and uncivilized state, little attending to the unfavourableness of climate, live in health and vigour; although daily exposed to the variableness of such a climate—for, not until the arts which civilization induced, were known, capable of defending from all inclemencies, of promoting ease, and pleasure, and familiarizing indulgence and luxury, did people begin to complain of the unseasonableness of weather, and the dissatisfaction of situation. The unlettered savage, though well acquainted with, and avoiding, the pain and uncomfortableness of an unfavouring heaven, does not suffer so much, if chance exposes him to it, as when it becomes the study of his knowledge to avoid it, by the introduction of means of peculiar protection and convenience; which, in future, may render him more susceptible of the evils he so carefully sought to avoid—his fears and guardian solitudes, aided by his arts, thus ultimately, *ceteris paribus*, may become the causes of noxious effects.

The mode, therefore, of avoiding such injuries, is by endeavouring to promote that strength, and hardiness of body, which, whilst it cannot avoid occasional dangers, vicissitudes, and inconveniences, may be able, without detriment, to encounter and bear them. But the elegancies of life, and the capacity which a wealthy state finds for enjoyment, are often at variance with the right mode of promoting, or attaining such advantage\*.

The accomplishing of a robust habit, in such constitutions as we are treating of in our poem, cannot be gained by immature exposure to cold, and inclement weather, while in infancy; as has been attempted by some, by walking in cold air, little clothing, and the indiscriminate use of the cold bath; especially, whilst the structure

c

of

\* Gregory loc. cit. p. 318.



of our dwellings, and their pleasurable conveniences, and degree of heat in their rooms, are of so opposite a nature. By which, infants or young persons, and even adults, after being exposed to the effects of cold, will, on returning to so different a state of air, become daily exposed to a cause of inflammation and catarrh; circumstances, which cannot be too much avoided, in the phthical, scrophulous, or any habit. To the former of which, most particularly, a middle temperature of air will always be the most safe, and invigorating. "Children are so susceptible of inflammations, that a great part of the mortality among them is, as far as I have observed and can judge, to be ascribed to the ignorance of mothers and nurses of the power which even a moderate change of temperature, if suddenly made, has to affect their tender and irritable frame. Hence in part the populousness of countries equally warm, those gardens of the earth, equally calculated to rear and support its inhabitants \*."

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#### VARIABLENESS OF THE CLIMATE.

From the earliest time, and by the most ancient writers on the subject, it appears, that mankind paid much attention to the atmosphere, as influencing their feelings and their health; hence in all ages, and by all nations, great considerations of, and observance, were made to it, in the choice of public situations, and private habitations; according to climate and season.

But that remark may seem misapplied, when we consider the form and structure of large and ancient towns in some places; in which

\* Observations, &c. Beddoes, p. 155.

which, our ancestors seem to have paid little attention to the advantages we value so much, of ventilation and cleanliness. Perhaps, the closeness and manner of compacting buildings after the first establishments took place, may have been influenced by the effects of policy, safety, or necessity; for few places will be found to be defective in local and natural advantages, of the considerations we allude to, on their being founded.

Observations have frequently and reasonably been made, that those countries are the most salubrious, in which an equal state of weather, serene and temperate, prevails—and that those which are hot, very cold, or humid, are more dangerous; especially if subject to sudden changes of the weather—but whatsoever may be the general state of the weather, in any clime or season, whether hot or cold, those, as Celsus has noticed, which are most uniform in their continuance, are the best for health; the variable, the most inimical to it. We can add our own experience in confirmation of this, having often remarked, that during any kind of weather which takes place, in the situation we have mostly resided in, that the end of the duration of the time, which it has continued, if of any considerable extent, has been mostly favourable to general health, provided no particular epidemic disease prevailed. And that even when the weather has been of that nature, which is deemed by vulgar opinion to be unwholesome, if it has been permanently uniform, little ill health has been manifested, so that there may be great reason for this idea, that it may be “unfortunate for the inhabitants of this country, that we are not subjected to such a continued severity of cold, as should oblige us regularly to fortify ourselves by warm clothing \*.”

Our atmosphere has been said to be generally composed of those states, which are understood in the common acceptation of the language, of warm and moist, cold and dry †. Often have we seen it, for four or five summer’s months, temperate, and for the most part

\* Observations, &c. Beddoes, p. 161.

† Burton on the Non-naturals, p. 87.

part serene, dry, constant, and in every respect benign and salubrious; whilst the remainder of the year has been cold, humid, variable, and consequently favorable for the effecting many diseases.

This *variableness of our climate*, so stigmatized, and so much deemed repugnant to the health of the Phthifical, may upon reflection, be allowed to be a cause adequate to the effect; at least, that it is peculiarly calculated to excite pulmonary inflammation: with the concurrence of other circumstances\*.

Ought we, upon viewing the average state of the climate of this island, whilst we make the conclusion we have done above, to call it unhealthy? We think not; and probably facts will warrant us in making such a conclusion. Let us attend to what Claromontius† says; and surely, since his time, no great or general alteration can have taken place in our skies, whatever changes may have happened to our habits or manners.

The Sun, the source of heat and light, and fosterer of life, attends Britain, as long as may be, with its enlivening presence; whose lands, it not more cheers than it fertilizes, by its beams. In summer it extends the day seventeen hours; and in winter, when it's presence must attend and illumine another orbit of the world, as if unwilling to divert his chariot from this spot, he seems to delay with it, and allows seven hours for the shortest day—which circumstances, whilst I contemplate them, would lead me with incredible satisfaction, to believe, that no climate could be more salubrious than Britain.

Yet, that Author seemed to think, on considering the diseases which the inhabitants are subject to, that the air must not be so conducive to health. But, we are not willing to attribute the misfortunes of this kind, which we find mixed with our lot, altogether, to such a cause; nor, are diseases in general, more frequent or more numerous here, than in other parts of the globe. He attributes much to the prevalence of the atmosphere we have in our insular situation;

\* Obs. Beddoes, p. 149.

† De Ære, aquis, et locis terræ Angliæ. Londini, 1682, p. 15.



situation; and condemns such an island in general, as more insalubrious than the Continent; because of the frequent existence of mists \*, undissipated by the sun †.

In England, really, he says, the sky is mostly thick and loaded with clouds, not only in winter, but in the middle of summer. Scarcely ever is it serene, but more generally similar to autumn or winter weather, no day is there altogether fair ‡, it either raining wholly, or there is a haziness, or sometimes rain for many days continuance; with a heavy stifling atmosphere. Which is the cause of many diseases, especially in autumn. This is what we were able to know of Britain, as far as some years' experience would allow us; and as such we would have it to be understood generally. For here, some situations are more salubrious than others.

We find here, the earth bound by frost and snow for many months; and that not only, not far from the sea, but even on the very shores. And even now whilst I write, the days seem quite wintry, though in May. I am surrounded with such a thick and dark atmosphere \*\*.

He

\* Those roving mists, that constant now begin  
To smoke along the hilly country, —

Thompson. Autumn, L. 734.

† Quippe infirmissima quæ que, cœlo sunt obnoxia maxime. In universum autem insalubrioris esse cœli quam Continentem, per multis probari documentis potest. Et quo longius in mari positæ a Continente recessere, eo graviores esse ærem constat, ob nebulas e mari evolutas, quæ vix, ac ne vix quidem a sole dissipantur. Idque non æstate solum, sed etiam hyeme, imo etiam magis. Non tum aer tepescit obsolutas nives. Tepidus autem aer insalubrior.

‡ — by the cool declining year condens'd,  
Descend the copious exhalations, check'd  
As up the middle sky unseen they stole,  
And roll the doubling fogs around the hill.

\*\* ————— thence expanding far,  
The huge dusk gradual swallows up the plain :

Vanish

He gives us the following sentiments, on the regimen of our ancestors, at a particular period, after having mentioned their kind of diet, and its effects. However, certainly by such evils, after constant civil wars, they have learned temperance. For as I was informed by certain elderly people, the English, before the civil dissensions, lived in much festive indulgence and luxury; enjoying in rotation, at each one's habitation, long continued feasts, with copious quantities of liquor. And, commonly, there was no one, howsoever humble his state, who did not liberally treat his neighbours, as well as strangers, with kindness and hospitality\*. But what took place afterwards, when civil discords rent the minds of the people! What not only did injury to science as well as the comfort of social gratifications. After, I know not what kind of a religious frenzy seized the minds of the people, disturbed peace and overturned the order of all things; the custom of invitation and visiting fell into disuse. Doubtless, as it seems, for the purpose of cultivating a different religion; every person then looking upon his neighbour with a suspicious eye—hence religion reconciled their manners to pristine simplicity.

Yet, as few evils do not afford partial good, he observes, one thing seems to have been derived of benefit (from the civil calamity) that in general, every where the profuse meat at supper was neglected, which was accustomed to be in such vogue—whence, one great support, and cause of many diseases, was done away †.

We

Vanish the woods; the dim seen river seems  
Sullen, and slow, to roll the misty wave.  
Ev'n in the heighth of noon oppress'd; the sun  
Sheds weak and blunt his wide-refracted ray.

Thomson.

\* As Ovid says, *Metam. L. II. 94.*  
*Orgia tradiderat cum Cecropio Eumolpo,*  
*Qui simul agnovit socium, comitemque sacrorum,*  
*Hospitis adventu, festum genialiter egit.*

† Claromontius, p. 46.

We present those observations to the curiosity of the Reader, the diffuseness of which, we hope will not appal; and leave them for his own comments. Though our years, see the most lovely of the inhabitants of this Island, often a prey to Phthisis, so as to fix a blame upon its climate, and though our atmosphere be drenched often, with misty obscurity, and such attendant gloominess, as may attach horrors to the hypochondriac; yet, the wise and active Briton will not suffer oppressed fancy to be deceived, nor blame his skies for, Novembrile mischiefs, fell with *tædium vitæ*, which ofteneft arise from other urgent causes: but will still with patriotic ardour and love, animatedly, say with the Poet:

England, with all thy faults, I love thee still;  
My country! and while yet a nook is left  
Where English minds and manners may be found,  
Shall be constrain'd to love thee—though thy clime  
Be fickle, and thy year most part deform'd  
With dripping rains, or wither'd by a frost,  
I would not yet exchange thy fullen skies  
And fields without a flow'r—for warmer France,  
With all her vines; nor for Aufonia's groves  
Of golden fruitage, and her myrtle bow'rs\*.

Which alterations, truly, with native love may reasonably be allowed; seeing with truth it may be said, with the Author we have so lately much attended to†, to be opulent; abundant in  
riches

\* Task, a poem, by Cowper, B. II.

† Claromontius loc. cit. p. 10, & seq. who further says in praise of this

“Island of bliss! amid the subject seas,

“That thunder round thy rocky coasts set up,

*Quod si ex fecunda lætaque rerum omnium productione, possumus de æris bonitate ferre sententiam: profecto Britanniam aëre frui longe*



riches of every kind, eminent men and women, the most adorned of their sex.

Britannia! hail ; for beauty is their own,  
 The feeling heart, simplicity of life,  
 And elegance and taste : the faultless form,  
 Shap'd by the hand of harmony ; the cheek  
 Where the live crimson, thro' the native white  
 Soft-shooting, o'er the face diffuses bloom,  
 And every nameless grace ; the parted lip,  
 Like the red rose bud moist with morning-dew,  
 Breathing delight ; and, under flowing jet,  
 Or sunny ringlets, or of circling brown,  
 The neck slight-shaded, and the swelling breast ;  
 The look resistless, piercing to the soul,  
 And by the soul inform'd, when dressed in love,  
 She sits high-smiling in the conscious eye\*.

What is called *catching cold*, has been frequently inveighed against, and attributed to the variableness of our climate ; it is an effect

longeoptimo confitendum est. Nam omnia illic grandiori nitidiorique forma prognata benignius fovet aletque tellus, quam alibi locorum ubi videtur aer est salubrior. Non enim mulieres modo numerosa beatas, pulchraque sobole cernas : sed equis : sed reliqua etiam animautia multiplici fœtu usque renas scentia cum admiratione perspicias. Illie boves enormi magnitudine, illic equi tum formosi tum perniciosissimi, illic canum ingentium et immani rictu formidandorum magna vis : illic denique cum virorum tum fœminarum ad spectabilis et erecta decoraque species, summo cum voluptatis sensu visitur. Coloreis floridus, læta frons, vivaces oculi, subflava promissa cæsaries, totus habitus ad elegantiam compositus. Solum vero ipsum uberrinum, statis anni temporibus, omni bonorum genere colonos, floribus, herbis, arboribus, frugibus.

\* Thomson's Summer, l. 1580.

effect which opens the way to the worst consequences. "The origin of genuine Phthisis may generally be traced from hæmoptysis, or blood issuing from the lungs, from what is termed taking cold; and sometimes from external injuries,\*" yet such a cause how often do we see disregarded, by those who are most liable to injury from it; for, as Cullen observes, it is often upon one or other of these occasions of catching cold, that the incipient cough of Phthisis begins†, and ultimately proves fatal to multitudes.

Under such a state of climate, young persons are more subject to debility, from the impediments to due excitability which they are subjected to—that debility which in the Phthisical habit should be obviated; whilst the causes promoting inflammation are avoided, the former of which is most efficaciously succeeded in, in a temperate climate.

The absence of a certain degree of heat, strengthens the body, generally speaking; giving vigour to it, and energy to the mind, by constringing the capillary vessels of the surface, it abates perspiration, hence the blood is propelled in an increased volume towards the heart. In consequence of which the vital principle is accumulated, and the reaction of the heart and arteries, sends back the blood with an increased velocity and power to the surface of the body; so as, in a healthy state, to diffuse a genial warmth. Such an application of the degree of heat, which does not carry off the heat of the body too fast, gives, what is called tone to the whole system, proves a powerful stimulus to the stomach, creating thus a keen appetite for food, with a sense of lightness, alacrity, and strength; as those experience, who live in a cool dry air, and maintain a suitable degree of exercise; having for the most part, strong and active health, with good digestion, and a complexion which bespeaks those.

D

The

\* Reid loc. cit. p. 6.

† P. l. 890.

The extremes of cold are unfriendly to the constitution; as well as those of heat. In this climate we are more liable to be exposed to an excess of the former, than the latter. The relative power of cold, with respect to the living human body, is that power by which a sensation of cold is produced in it\*.

Under the effects of warmth of season those who have betrayed symptoms of Phthisis have found them disappear; as the afflicted in winter, have experienced in our climate in summer. Which circumstance, has often afforded a fallacious idea that a cure was effected; and that those means which were exhibiting at the time were the promoters of it. A deception alas! but too frequently well ascertained, by the recurrence of symptoms in winter and spring†. Such a state has been known to be repeated several times during life, and has been observed in those constitutions, in whom during spring there appeared to be a great determination of blood to the lungs. By the appearance of Pus, which has been excreted, concomitant with other signs, incipient Phthisis has been denoted; all which, have ceased in summer.

Under poverty of diet, particularly, the same observations have been made respecting scrophula—the complaints attendant on which, seem often to commence, or to be aggravated in winter, to increase in spring, decrease in summer, and are often entirely removed in autumn; though they are again renewed in winter‡.

Thus considered, summer may be deemed the most healthy season for the Phthisical; but some think, winter is not to be condemned as the most dangerous. Spring and autumn, are judged to aggravate complaints of such a nature most, on account of the distribution of the blood being more disturbed by the sudden changes of weather, which are prevalent in those times. In summer the perspiration is more increased, and the blood more determined

\* Cullen p. 1. 89.

† Cullen loc. cit. 896. Gregory loc. cit. p. 333.

‡ Gregory p. 331. & seq.



mined to the surface of the body by the warmth of the air; and thus, less fluids determined to the urinary excretion—In winter the reverse takes place—In autumn, that equilibrium between the kidneys and the surface of the body, is not so regular; hence a greater determination, often owing to the irregularities of the weather, to the lungs. Yet, though in winter things may so take place, in the system of the body, yet often sudden changes of the weather disturb this uniformity; as well as the greater cause we make, by the difference of the air in our dwellings, and that of the air out of doors; for whilst in the latter, it may be extremely cold, we may maintain great warmth in our houses; and the exposure, and change from one to the other, causes irregular, and often sudden changes in the distribution of the blood. In summer the external air being warm, obviates the need of fires within doors; and thus places are in a more equable state of warmth, which renders them more congenial, and less disturbing to the constitution; and the perspiratory function, except from violent causes, is seldom suddenly or violently interrupted or changed from its uniform cutaneous discharge.

To obviate such effects, attention should be paid to avoid sudden transitions from heat to cold; or from cold to heat, and the surface of the body should be suitably defended by cloathing, according to the season, or the obligation, which necessary transitions impose upon us, so that they may not be suddenly felt.

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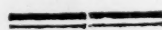
#### OF THE MANNER OF LIVING AND CLOATHING.

If we have been diffuse, according to the manner and nature of what we have brought forward, respecting the variableness and intemperateness of climate supplying certain remote causes of consumption; we do not mean to say much on the subject of diet in this light; and of cloathing we shall speak afterwards.

It must be allowed by all, that the abuse of stimuli in food and drink, is, the source of numerous diseases of an insuperable nature; and hastens the decay of excitability too rapidly. This indiscretion, at all periods of life, is too often exemplified; but more particularly is to be regretted in juvenile years.

To the sanguine constitution, such abuse must always be obnoxious, tending to promote extreme irritability at one time; and debility ultimately—The application, in which state, of exciting causes may promote hoemoptysis and pulmonary inflammation.

To females, such an abuse of excitement in the articles of food, perhaps is not so extensively applicable; nor to the many cases, which we see afflicted, from causes, scarcely to be traced in that sex. But the degree of excitement in every frame must be allowed to be relative, hence, how is the precise medium which most favours health to be described, or is it possible to be observed and adhered to?



#### UNSUCCESSFULNESS OF MEDICAL KNOWLEDGE.

The difficulty which has been experienced in the cure of idiopathic phthisis, cannot in the present state of our science be a degradation to individuals to acknowledge; though we lament, it is so, to the art: and is much to be regretted by humane industry and desire especially, when we take a retrospect of what little advancement has been made to this end, since the time of the primitive medical writers. Celsus\* says, if there is a greater degree of disease, than what he has before mentioned, it is necessary to oppose its progress in the early stage; for when it has continued long, it is not easily subdued.

Morton

\* Quod si mali plus est, et vera phthisis est, inter initia protinus occurrere necessarium est: neque facile enim hic morbus, cum inveteraverit, evincitur. l. 3. c. 22.

Morton confirms the opinion of Celsus, and adds, that phthisis arising hereditarily, or in mal conformation of the chest, for the most part is fatal; because, the cause which produces it, is beyond the reach of our art: though, he admits that it may be cured\* in the spring season, the approaching warmth conducing to this; but observes afterwards, that often this herculean disease, by certain means becomes incurable; either because the physician, which not unfrequently happens, or from the flattering nature of the disease, or carelessness and parsimony of the patient, is consulted too late†; or, lastly, from the ignorance of the physician, who not having a right knowledge of this disease, in its various stages, understands not therefore the proper method of treating it.

We have made an allusion to this difficulty, in confessing, in our poem, the little addition, through the lapse of time, which has been made beneficially to our knowledge; yet we do not mean, whilst we confess our little power of controul over the disease, to allow that it is in itself absolutely incurable: we are more inclined to give with Cullen‡, the failure to the imperfection of our art. Of this opinion is Dr. May§; and Dr. Reid|| does not believe, the disorder in its own nature, is attended with so much danger as has been usually apprehended; and, that the opinion of its fatality being so generally received, has weakened

\* *Æqui ac caeteri morbi*, he says, *De prognosticis* p. 134, 135.

† “Nor has wealth yet, been able to provide a barrier capable  
“of resisting its invasion; few, except the needy, neglect to call  
“in the aid of medicine, and many doubtless steadily pursue  
“the directions they receive: nevertheless, rich houses are every  
“day, discharging into the grave, victims to this disease.”

Beddoes' Letter to Dr. Black, p. 2.

‡ loc. cit. p. l. 899

§ loc. cit. Introduction, p. 3.

|| Essay p. 66.



ed the efforts of the physician—we would willingly in general believe not. Patients and their friends have often been impressed with this idea, when medical attempts have not produced, as expected, the hoped success; and thence have relaxed in their endeavours, and been unsteady in their adherence to medicine and regimen; but this is not an observation, applicable only, to this disease, or to such patients; practitioners in physic know the difficulty of bringing their patients to, and persuading to a perseverance in, an observance of rules, which interrupt established habits and pleasures: especially if the disease is of that nature, which is likely to be protracted; besides, as the last author says, the opinion of friends and attendants, often interpose and frustrate the desires of the physician; as few of those, are without some specific remedy, for the cure of a consumption.

We believe, notwithstanding those impediments, as well as opinions and errors, which have long been held, perhaps adversely, to right reason and experience; that the assurance, that the disease “is curable at any period, before the vital strength is greatly broken down, and the stomach and digestive faculties rendered incapable of assimilating nourishment\*”, is rather yet unqualified, if we may speak from our knowledge of general facts.

If we take, phthisis in the light it is viewed by some, as a certain form of scrophula†; we may venture to say, though many advantageous and successfully curative improvements, have been made in the treatment of scrophula, yet we know very little of its real nature, or the cause of the disease. If it is “a contaminated habit of body, some latent vitiated principle in the constitution, upon which the fatality of consumption has depended.”—Do we know what that is? if not, how are we to know how to correct it? therefore till then, we wander only in the dark; with such facts to guide us as successful experience has in some few instances furnished us with: and it avails little,  
to

\* Essay, &c. Reid, p. 68. † May's Essay.

to be told, that "whatever tends to correct that principle, and  
 "to improve the general habit of the constitution, will be found  
 "best appropriated to the cure of phthisis\*;" nor, is it any more  
 consolation to reflect, that there is a certain peculiarity in the  
 phthifical, which is not explained, though by most allowed;  
 and, that when its morbid state is evident, is more often sub-  
 dued by physical causes, whose mode of operation we are little  
 acquainted with, than by medical powers.

We still want the right means of distinguishing with exactness,  
 the different kinds of consumption, at least, more so, than they  
 have generally been; not only to guide our diagnostic but our  
 practice† from the want of this, and a better insight into causes,  
 our prognostic is only established upon the knowledge of con-  
 stant ill success, and is therefore, always unfavourable, in every  
 stage of the complaint: and particularly so, if there is reason to  
 suppose that the scrophulous diathesis is, as it has been termed,  
 called into action.

Dr. Beddoes, says, not much seems to be gained, by ranking  
 phthifical tumors and ulcers of the lungs, among scrophulous  
 complaints. We have no very successful method of treating  
 scrophulous sores wherever seated.—Not to mention that very  
 different ailments are comprehended under a term so conveni-  
 ently vague. I see no hopes of transferring any useful ideas from  
 the external appearance of scrophula, to the internal form of the  
 disease; if they should be essentially the same, of which I am by  
 no means satisfied‡. In resolving tubercles, the analogy of scro-  
 phula gives no assistance in this matter; for the remedies which  
 are useful in scrophula, do not avail for that intention§.

There does exist, as Dr. Withering confirms, a truly scrophu-  
 lous consumption; but according to his words, it is a rare, and  
 not

\* May's Essay, Introduction, p. 19.

† Letters from Dr. Withering, &c. p. 11.

‡ Observations, &c. Beddoes, p. 112.

§ Cullen, p. l. 907.

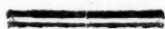
not incurable disease, if the treatment be properly adjusted to its nature; but the treatment which I have repeatedly found successful here, would only hasten the florid consumption to its fatal termination\*.

We have reason, for concluding, therefore, that much remains yet to be done, to give greater certainty to our proceedings in the treatment of consumption. The active industry of the present generation, aided by the improvements and lights which chemistry offers, and an increase of physiological knowledge, will no doubt, if not altogether successful in its efforts, contribute amply by its endeavours, to do away the defects which remain. Hope seems now to have a more substantial support to lean upon, than what the vague opinions, and theories of our ancestors afforded; dependance upon the futile and inert medicaments to correct humours, used by them, seems now to be dethroned; the acquired reputation of most of which, probably arose from the sanative changes in the body, produced by age and season. To this, we attribute much of the character which has been attained by QUACK and SPECIFIC MEDICINES, so constantly offered to the world under every species of advertisement. To the natural actions which take place in the system, producing a curable effect, under the use of a particular medicine, have those, given in phthisis, as well as other diseases, which would often perhaps have taken place sooner, without such interposition, been raised to the highest rank of laud and trust; there to receive the adulation of their votaries, and sway their usurped authority over the confidence of individuals, and often of the multitude, till the time when perspicuous observation, and scrutinizing experience removes the veil, which concealed the truth of their ineffectual power. So, often, does one physician by being employed after another, at a particular period of disease, bear away the palm of honour, and the fruits of a joyful victory: to whose fame, built perhaps, on the care and prior attention of another, constant Paeans are sung in future, full of confidence and admiration.



The number of specifics which oppose themselves daily by their recommendations, as assured remedies, to the eyes, for coughs, colds, and consumptions, would seem to contradict the above sentiments; but the author does not condemn them without reason and experience, having frequently exhibited them from his own inclination; as well as when willing to give way to the desire of the patient, to try the most celebrated of them, in various stages of the disease; he has superintended thus, their use and watched their effects, without seeing any beneficial consequences curatively, or with so much palliative ease as can be attained, perhaps, more safely by generally well known medicines.

Perhaps, it may now be expected, that we should give our sentiments on the particular means which have been used in the CURE OF PHTHISIS, and offer also a plan for it; but such a detail comes not within the scope of our present design, nor would the state of our experience warrant an attempt of the kind, it could not therefore afford information to one class of readers, or amusement to others; hence an apology will be obvious for the little that has been said on this head, in the poetical part of this work.



*On the PROPHYLAXIS, or the Means of preventing or guarding  
against PHTHISIS.*

Perhaps, with propriety, more may be written with the hope that greater certainty may accompany it, than what we could be flattered with from any doctrines of cure. Considering therefore, the difficulty attendant on this, our endeavours should be more strongly opposed against the appearance of morbid signs; by, such means of prevention, as are in our power, and as pre-

sent, the most probable reasons for such an expectation; it will be found to comprise the avoiding most of the remote and occasional causes, as all should be, which can, or are known, to call the disease into action.

The observations we have to make respecting this will be comprised under *Change of Climate, Cloathing, Diet and Exercise*.

### CHANGE OF CLIMATE.

It has been observed, that a variable and intemperate climate seems to supply certain remote causes which are often removed in a temperate state of air in another region, and thus allows the powers of nature to effect a cure. Many opinions\* and facts confirm this, and that spending the winter in more favourable situations, obviates when timely used, all the threatening symptoms which may have been felt in this island. Persons so afflicted, therefore, should remain under such auspicious skies, and live perpetually with summer temperature.

If, when air is of such a temperature, as with the assistance of other operations in the animal economy, only to carry off such a quantity of heat from it, so that the remainder may rightly support the body; we say the air is mild, because we are not sensible of any troublesome degree of heat or cold.

This temperature varies in different people according to climate, age, and constitution; and of whatever degree this pleasing and temperate state may be, any change from it, as understood by the rising of the thermometer a few degrees, makes our sensations complain of heat or cold.

The middle temperature of our atmosphere being about 48° Fahrenheit, when we do not call the weather either hot or cold.

The

\* The anatomy of the absorbing vessels by W. Crookshanks, p. 178. and Thes. inaug. Gregory.

The mercury seldom falls under  $16^{\circ}$ , at  $24^{\circ}$  we are apt to reckon it very cold; coldish at  $40^{\circ}$  and a little above it, even we do not reckon the air warm till it arrives at about  $64^{\circ}$ , at  $80^{\circ}$  it is very warm and sultry\*.

Heat is more readily and quickly diffused through the substance of water than the earth, if the surface of that is extensive, it will be of more equal temperature with the atmosphere than this will be: denser bodies do not conduct heat so well as rarer, hence water and earth retain heat longer than air, a colder atmosphere therefore passing over these will receive heat from them. The coldness of a winter's wind by its passage over sea, or land is thus moderated, and the air incumbent on the sea will be of a warmer temperature than that on land, of course islands, according to relative situation, may be so, more than continents, countries which border on the ocean and lie south of the sea, at least in our hemisphere of the globe, will be warmer than those which have the sea to the south of them, because the winds which would cool them in winter if they blew over land, are tempered by passing over the sea.

If air is of a suitable degree of warmth and is not saturated by moisture, but is what is called warm and dry; it is in that capacity able to afford that refreshment to the body which it requires, when under a state of perspiration, by dissolving the discharged humidity: this relieves the body much when heated by exercise.

From the properties of heat and air, the body and respiration may be affected by the qualities of matters which the atmosphere may contain, mixed or in solution; the peculiarities of which may be governed by the season of the year, and the nature of the places over which the air blows: as seas, rivers, lakes, marshes, &c. One cause of the cold of northern climes, is attributed to the solution of ice by wind coming in contact with it, for ice in a thawing state, is known to indicate great coldness, to which must

\* Essays on heat by Martine, p. 110. and seq.



be added the cold produced by the heat carried off by evaporation; thus winds blowing to us in winter from those quarters of the world where large bodies of ice are formed, affect us with great cold—This impression is produced upon us by several other causes also.

It is not enough for those who have felt the approach of phthisis, and are induced to try the effects of change of air, that they should spend only such a length of time there, as seems to have put the alarm aside; they should persist in their residence, till the constitution is so fortified, and if in youth, so changed as to be able to bear other situations with impunity. So those young persons whose families have suffered by phthisis, and there appears danger to hang over them, should in early years, before complaints take place, be removed to the most genial climate, and there remain till that age is past over, which experience has taught us, is attended with the greatest danger\*.

The advantages of Sea Voyages have been long ago pointed out and praised†, not only in incipient, but advanced stages of phthisis; their good effects have been differently accounted for, from the salutary effect of exercise, sickness, and the temperature of sea air, and its supposed properties. In different cases, each may claim merit, but probably, in general the advantage gained depends upon the conveyance of the patient thus, to a more favorable climate, than what he existed in on shore‡.

The expediency of performing this early in the commencement of the disease is obvious, if utility is hoped for, provided no inflammatory symptoms forbid any species of exercise; for from the tardiness and neglect of patients, or their advisers, these expected benefits are too long procrastinated, and thus disrepute is too often brought upon the means.

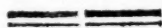
Celsus

\* Thes. inaug. Gregory, p. 333. & seq.

† Gilchrist.

‡ Reid's Essay.

Celsus admonishes us of this\*, when he recommends change of place; that it may be early whilst the constitution is able to bear it; but that if imbecility forbids navigation, the gestation should be in a litter; so that the body may be *gently* exercised. In which state of debility, the mind should be kept at ease, abstaining from the solitudes of business, and should be allowed indulgence in sleep. He advises also frictions to the extremities of the phthical, and that the food taken and exercise used should be during remission of paroxysms.



### CLOATHING

When properly adapted in its kind, is one of the most excellent means of securing the weak from the effects of a variable climate; with us it cannot be too particularly attended to, and more especially by those subject to pulmonary affections; seeing that daily occurrences offer to our observation, the frequent difference there is in the range of the thermometer, and the degree of moisture in the air at different times of the day, in our finest season of the year, and that the mutability of one day from another, is perpetually frustrating the expectations of the mind on the preceeding day. It is necessary therefore to enforce, that those who would not subject their feelings to unpleasantness, nor their health to danger, should be always secured by cloathing against exposure to sudden changes.

It is for this defence, that the *use of flannel*, and the softer textured manufactories from wool, have been so much advised; being one of those substances like furs loosely interwoven, it slowly conducts heat, so that by its proper management an equable degree of warmth may always, pleasantly, be maintained on the surface of  
the

\* l. 3. c. 22.

the body, resisting the attack of atmospherical variety in temperature\*.

He well advis'd who taught our wiser fires  
Early to borrow Muscovy's swarm spoils,  
Ere the first frost has touch'd the tender blade;  
And late resign them, tho' the wanton spring,  
Should deck her charms with all her sister's rays,  
For while the effluence of the skin maintains  
Its native measure, the pleuritic spring  
Glides harmless by†.

In warmer weather, which may continue uniformly, those who use exercise in it, may so manage this cloathing as not to incur the unpleasantness of accumulated heat on the skin, urging perspiration too much, whilst at the same time, the humidity is not evaporated; whence too great a stimulus is excited on the skin, and uneasiness and debility ensue. We have known some weakly people injure themselves thus, and could point out a case to exemplify this.

The connections between the surface of the body and the lungs respecting their excretory offices, is well known; if the perspiration is injured greater determination will be made to the lungs, and the defective discharge from the skin will often be supplied by expectoration from them; thus from exposure to cold, may we see a remote cause of pullumonic inflammation; especially if the lungs at the same time are exposed to the action of cold air‡, for in those who labour under some complaints of the chest, the respiration of cold air produces coughing.

In

\* See a Letter to the Patentee of fleecy hosiery, by Dr. Buchan. Observations, &c. Beddoes. May's Essay, p. 46.  
Fordyce's Dissertation on simple Fever, p. 145.

† Armstrong loc. cit. b. 3. l. 484.

‡ Cullen p. 1. 345.



In those who dwell in moist warm situations may be observed laxity and debility of body, paleness of complexion, languor in motion, bad appetite, &c. especially if joined with a sedentary life; hence cautioned the poet

Dry be your house; but airy more than warm,  
Else every breath of ruder wind will strike  
Your tender body thro' with rapid pains;  
Fierce coughs will teize you, hoarseness bind your voice,  
Or moist Gravedo\* load your aching brows†.

The long continued respiration of humid cold air, and its application to the body, is pernicious; for the reasons we have given; it cannot readily dissolve that aqueous part which issues from the lungs, and the perspiring pores of the skin. The solids become relaxed, and the whole system debilitated. There is no healthy equality, maintained between the secretions and excretions. The absorbents do not perform their office with right vigour. This may be confirmed, by observing those who with close application, follow the occupation and sedentary employment of weaving linen and muslin; whose works require a situation which may keep the threads moist: a damp room therefore, is generally their residence, during their labour, hence often are found amongst their complaints, diseases arising from visceral obstructions, coughs, other affections of the lungs and chest, intermittent, and nervous diseases, as called, if such there be?

The bloated Hydrops and the yellow fiend.

Skies such as these let ev'ry mortal shun  
Who dreads the Dropsy, palsy, or the gout,  
Tertian, corrosive scurvy, or moist catarrh;

Or

\* Armstrong b. i. l. 315.

† A cold affecting the head, in the nostrils and adjacent cavities, a cœterrhous affection.

Or any other Injury that grows  
 From raw spun fibres, idle and unstrung,  
 Skin ill-perspiring, and the purple flood  
 In languid eddies, loit'ring into phlegm \*.

Children, should particularly, have an uniform temperature maintained on the skin, and young persons. We have witnessed the loss of many lives a sacrifice to the attempt of rendering them hardy by exposure to cold †, and are aware of what some will urge, that many children are healthily brought up under the rudest exposure, and under such treatment. But those who make such an observation, have not probably, had the opportunities which those who attend the sick poor, medically, have had, to know the numbers who fall victims to exposure to cold, bad clothing and poverty of diet. Perhaps indulged with an amelioration of this, they might be more capable of resisting the effects of cold. From the nearer medium of the state of heat, in the dwellings of the poor, and that of the exterior atmosphere, they escape the effects of those sudden transitions which often affect children born to reside in the habitations of epulence. “I consider it, indeed, as one of those maxims, “which ought never to be lost sight of, if our children were “intended all their lives to go naked, and to live in open fields, “but since the customs and manners of this part of the world “require that men and women through life must be perpetually “and unavoidably exposed to dwell in comfortable habitations,

\* Armstrong, B. i. l. 157.

† “In children it is of the utmost consequence to keep the “body cool, but never to suffer it to be cold. Thus without “being enervated, they may escape the fatal consequences of “heat succeeding quickly to cold; for it is not true, as seems, “in consequence of an analogy more or less distinctly conceived, “to have been frequently imagined, that cold hardens children “as it hardens steel,” Observations, &c. Beddoes. 162

“ tions, to sit upon warm carpets, and to sleep on blankets and  
 “ feather beds, it certainly behoves us to regulate their clothing  
 “ in infancy, as equally to guard against the ill effects of either  
 “ extreme.—In every region we may observe external warmth to  
 “ be nearly as necessary as internal nourishment for the young  
 “ of almost every animal. Warm rooms and impure air may  
 “ enervate the body, but warm clothing can never be injurious  
 “ in cold weather. I am so thoroughly convinced that pure air  
 “ and a warm skin are indispensably necessary for children, that  
 “ I never behold them with naked breasts, legs, and arms, how-  
 “ ever hardy and robust, that I do not anticipate the horrid con-  
 “ sequences of angina, of croup, or of pectoral or intestinal in-  
 “ flammation\*.”

We have no information, in a medical view, of the state of our Island when our rude forefathers inhabited it; and of the diseases which then prevailed amongst them: probably such as make havoc amongst us were unknown to them. Some plausible reasons to which we doubt not the reader will readily assign.

The idea, of the necessity, of wearing flannel next the skin, and of seldom changing it, should be opposed†;” the first, need not be insisted on, and the latter, should be neglected by cleanliness. Probably the effects which took place from that opinion, might be one means of bringing the use of woollen, so much worn by our ancestors, into disgrace and disuse.

F

Seeing

\* Medical Spectator, v. i. p. 367.

† Marcidis et extenuatis vice indusiarum lintearum quae proxime autem tangunt, admoveantur, panna Wallica lanca molliora, contexturae purissimae, Anglice Flannin dicta, ne saepius renoventur: hoc modo halitus sanguinei seu spiritus retinentur, et ab aere minus sollicitati, haud depeculantur. Inter alaneas texturs optime mihi videntur, quae ex hoedorum et ovorum inguine et emuncturis contextuntur.

Regulae vestitui dicatae, Tabidorum theatrum, p. 128.



Seeing, the lower class of people, have it not always in their power to acquire requisite clothing, the neglect of it by those who have, renders the aptness of the following observation proper to be repeated. " Among the richer class, this fatal disease, would perhaps be less common did they not by a strange infatuation, take the most effectual steps to contract it. If a greater proportion of females fall victims to it, is it not because losing sight more than men of its primary purpose, they regulate their dress solely by fantastic ideas of elegance? If happily our regret should recal the age of chivalry, to break the spell of fashion would be an achievement worthy the most gallant of our future knights. Common sense has always failed in the adventure; and our ladies, alas! are still compelled, whenever the enchantress waves her wand, to expose themselves half undressed, to the fogs and frost of our Island\*."

To this, may be appropriately added, what Dr. Reid says, when speaking of the frequency of consumption among females. " The present absurd fashion of introducing young women early into the world, as it is termed, before their bodies have acquired a proper degree of strength and firmness; and the mode of living among people in genteel and high life, and even in the middling stations (if any such can be found) is one great cause of the frequency of consumptions †."

Since we do not, in this climate, live under a pure serene sky, where only the most temperate zephyrs fan their gentle wings, it behoves the young and the aged, and all who cannot bear transitions, or intemperate states, to screen their frame from the pernicious effects of these; by endeavouring to support in that a medium of warmth, by clothing: the genial nature of which, will amply repay their attention. Do not be deceived by those who may bring to your knowledge, the instances which are found

\* Observations, &c. Beddoes p. 169.

† Essay p. 5.

found in all the variety of situations, of lives protracted to the ultimate allowance of nature, under the most unfavourable circumstances; remember the thousands who fall, whilst those solitary few but remain.

We have little to say here ON DIET, though it might be considered under two heads; that which is suitable in the prophylaxis: and that which should be used during any particular stage of the disease. Respecting the former, we have given, some hints, when on the *manner of living*, and would add to it, our condemnation of the too early introduction of that diet, for children and young persons, where the use of wine and, condiments prevail. If children are indulged with these, and the choice of animal food, they early shew an appearance of vigour and health. Though, as the author of the medical Spectator says, in the paper we have before quoted, we do not believe that such children are more prone to eruptions, and what is called humours, perhaps less so, than those who are more poorly nourished; but of this we are more certain, their powers of life are too much excited by such food, and every infantile disease to which they are liable, falls upon them with double violence. Parents, therefore ought most diligently, to aim at affording a happy medium of diet to their children. Every age and every constitution if the excitement be properly directed has it's appropriate degree of vigour. Childhood, and that weakness, which depends on abundant excitability, admits of little stimulus; by less than the due proportion it is rendered languid, by more, it is oppressed, for excitement the effect of exciting powers, the true cause of life, is, within certain boundaries, proportional to the degree of stimulus. This when moderate produces health; in a higher degree gives occasion to diseases of excessive stimulus; in a lower degree, excessively weak, it induces those that depend upon a deficiency of stimulus or debility†.

Where

† Brown's Elements, 23. 268

Where children are naturally remarkably strong and vigorous, possessing ruddy cheeks, firm flesh, and that appearance of mottled legs and arms, which is generally esteemed a characteristic of health; a more plain and simple diet is all that they need, with little indulgence in animal food; but to such as are otherwise characterized by puny stamina, with pale countenances, and all the evidences of flaccidity of skin and solids, well marking general debility, and feeble powers of animalization, a more liberal use of food is absolutely necessary of the animal kind, especially after teething.

But in infancy, as well as in juvenile years, after teething, and in the period of their changing the first set, or before reason, in them, teaches the proper choice of food, the quantity, generally speaking, of whatever kind of food is allowed, is often to be as much dreaded, as the quality; especially if those things are given, which allure the palate; the consequences of which are if the times of their allowance are frequent, interrupted and impaired digestion, from a depraved state of the stomach, loss of appetite, loathing of simple food; and ultimately general debility and prevention of the regular growth of the body. So long as the function of the stomach is in good repair, and the natural increase of the body seems promoted, health may be said to smile on the subject; and little is to be feared from the kind of diet, *ceteris paribus*, that is used. Then we may imagine, that the proper action and tension of the vascular system is maintained, giving energy to the nervous system and solidity to the whole; rendering the person capable of using those exercises of body, which are suitable to his years, without danger. These, temperately conducted, and not under improper exposure to transitions of different distant gradations of heat, will with suitable cloathing uniformly used and applied, be most likely to resist the effects of a variable climate, and of cold and humidity.

In those constitutions, either in infancy or advanced youth where appearances of a weakly constitution, as generally remarked



ed are obvious, or where there is reason to dread a scrophulous disposition, or a tuberculous state of the lungs, the food should be of a nature moderately stimulating, respecting quantity or quality; and such as seems adapted for nutrition.

In the pathological view of this subject, we now say nothing; we refer to authors, by whom it is a necessary branch of their object, to be introduced into their works\*: for, during the morbid state of the lungs, nothing requires more minute heed than the regimen, or regulation of the *non-naturals*†, the proper conduct of which also, has much influence in the predisposition‡.

The

\* Reid's Essay ch. 14. May p. 49. Cullen 909, 910, 914. Those who wish to read what more extensively in a physiological view need be said on clothing, food, and exercise may consult with pleasure and advantage a late elegant publication, Medical Extracts, vol. ii.

† A word including what concerns these six things, air, food, motion and rest, passions of the mind, retentions and excretions, sleep and wakefulness.

‡ In præcautionem igitur phthiseos (quæ multo facilior est quam ejus curatio) plurimum interest dum ægri in hoc valetudinario statu manent, accuratissima utidiligentia, ne ullus in sex rebus non naturalibus committatur error; In hoc enim tam lubrico sanitatis statu, à levi aliqua hujusmodi occasione precipites in fatalem phthisin ruere solent. Prudentem delectum cibi & potus habere oportet, quo succus chylosus reddatur euchymus,—Exercitüs moderatis, diutinisque frictionibus quotidie utantur. Omnibus licitis modis Aeger curas, moestitiam, omnemque fixam cogitationem (quantum in se est) sedulò deponat, animumque sibi hilarem nitatur conciliare, phthisin enim pulmonarem a pathematis animi diuturnis et gravioribus ortum suum duxisse saepe notavi

— Verum a novo frigore percipiendo apprime cavendum.

— Omnis novus Catarrhus in Phthisin tendet, atque hinc illæ

The subject **OF EXERCISE** deserves here to be noticed amongst others; without the benefits of which, no age can long subsist in right health, or youth, particularly in strength; properly used, it adds bloom and vigour to the body, and alacrity to the mind.

Of indolence, of toil  
We die; of want, of superfluity.

To the active child of eager, willing disposition, whose imaginations often over-top the bounds which his corporeal powers may justly allow, whose constitution perhaps is tender, and whose muscular texture is not firm, the hours of exercise should not produce fatigue; and though in the open air, only in this climate, permitted during the temperate hours of the day: too early exposure to morning air, is not ever commendable, and the evenings should be devoted early to sleep.

Let him  
Begin with gentle toils; and, as the nerves  
Grow firm, to hardier by just steps aspire\*.

When the season or weather will not allow exercise in the open air, such indulgence may be formed in a spacious well aired room, according to the manners which are well known for this purpose.

As

*illæ lachrymæ. Sed pro dolor! Medici rarissime de præcavendo hoc morbo consuluntur, (quum in principio forsan non minùs quàm àlii affectus, curari possit, etsi morâ ut plurimùm fatalis) Aegris raro Æsculapü opem petentibus, priusquam morbus jam in fatalem statum prolapsus sit, ubi incassum ab arte medica expectantur miracula, cum de animæ futura salute, et testamentis faciendis, Theologum, et Jurisperitum consulere magis conveniat.*

Phthisiologia, Morton p. 78, 79, 80, 87.

\* Armstrong loc. cit. b. 3. l. 180.

As soon as young persons of the above description, are capacitated for it, they should be allowed to ride on horse back, one of the most beneficial modes of exercise, for whilst in moderate health, it invigorates the whole frame by the action of the solids, promotes the wholesome secretions, delights and engages the mind, and increases the digestive powers. In those, when *tubercles* of the lungs are formed, if riding promotes no cough, it is beneficial; if so, or there is any inflammatory signs, it must be avoided; but the management of exercise of various kinds, depends upon the particular condition, form, circumstances and state, of each individual.

In case of disease or accident, and especially to the infirm, it may be useful to see the following arrangement of modes of exercise, according to their degrees\*.

1. Agitation from rocking in a cradle, the resilient motion of a plank of wood, or elastic seat of the exercising chair.

2 Swinging, as seated in a chair attached to a properly suspended rope.

3 Sailing on water, or the sea, in a boat or ship.

4 Riding in a carriage.

5 Reading or speaking aloud.

6 Riding on horseback,

7 Walking.

8 Leaping.

9 Running.

The motion of what children call the see-saw, when seated on the ends of a balanced plank of wood, is similar to the first and second; the utility of which last, the reader may see commended in consumption, in a treatise by Dr. Smith.

One observation made relative to reading and speaking or the exercise of the organs of respiration, merits to be introduced here, and attended to, so as to be confirmed or condemned by experience; because

\* From the Disputatio inauguralis de Exercitatione auctore Jacobo Dittmar.



because it militates against a contrarily received, and much established opinion.

The lungs when debilitated, derive equal benefit with the limbs or other parts of the body from moderate exercise. My enquiries led me to attend more particularly to the following facts:—1. Those persons who have been early instructed in vocal music, and who use their vocal organs moderately through life, are seldom affected by an hæmorrhage from the lungs. 2. Lawyers, players, public cryers, city watchmen all of whom exercise their lungs either by long, or loud speaking, are less affected by hæmoptysis, than persons of other occupations\*.

There is a caution, which we ought perhaps, to have inserted before, in its more appropriated place; but those who are attached to the idea we have endeavoured to obviate the error of, that exposure to cold from infancy is the way to render children hardy, and habituated to bear cold, will apply it here: we mean that which is necessary against the indiscriminate use of the *cold bath*; under the general opinion of its being a bracer, and the constant and daily washing the body of infants universally, who are of a weakly habit with cold water. To those, and especially such as are of a scrophulous or phthical disposition, we hesitate not to say, it is prejudicial; and has been attended with dangerous, and increased debilitating consequences: probably by care and its aids, those who are of a tender frame as they advance in age, or after puberty, may acquire such a degree of firmness of health and vigour, as may endure the use of such means, and derive benefit from them, if entered upon with caution and not too often used.

The prudent even in every moderate walk  
At first but faunter; and by slow degrees  
Increase their pace.  
Hence against the rigors of a damp cold heaven  
To fortify their bodies, some frequent

The

\* Medical Observations and Enquiries, v. i. p. 134, by Dr. Rush.

The gelid cistern ; and, where *nought forbids*,  
 I praise their dauntless heart : A frame so steel'd  
 Dreads not the cough, nor those ungenial blasts  
 That breathe the Tertian or fell Rheumatism ;  
 The nerves so temper'd never quit their tone,  
 No chronic languors haunt such hardy breasts,  
*But all things have their bounds\** :

The reasons which support those observations, are to be understood from the effects which a **much** inferior degree of heat applied to the surface of the body has ; abstracting heat from this, and thus it is irritability : whence, a cessation of the usual action of the capillary arteries of the body takes place for a time, with which the system of other vessels interiorly sympathize. This temporary abatement, allows time for the constitution to recover or accumulate its irritability again, which is thus more easily affected by ordinary stimuli, so that a feeble degree of heat will then produce active effects, a rapid and unusual exertion in the interior system of vessels is caused, whence, a greater quantity of blood is transmitted to the exterior vessels again, warmth and floridity of the skin ensues, and thus vigour is given to every action in the frame†. But if there is primarily, a deficiency of strength or irritability in the frame, paleness, coldness,  
G
and

\* Armstrong loc: cit. B. 3. l. 291.

† In warm weather, when there is an accumulation of heat, on the external vessels, and of course through the whole frame, too great for the healthy degree of excitement to continue long ; the progress to indirect debility is retarded by diminishing the excitement from time to time, thus giving more action to stimuli ; hence the cold bath in hot summer weather, diminishing excessive heat, restore the proper stimulant temperature.

Brown's Elements, 37, 39.

See the observation in the sequel, in the note added to the principal causes of catarrh.

and languor succeed, after the application of cold, the person feels enfeebled, and irregular sensations of heat affect him. Bathing in a cold spring of water, where the heat is but 48°. of Fahrenheit's thermometer, much disagrees with the debilitated, for they cannot bear to have heat, and the irritable principle diminished; such may nevertheless be benefited by a tepid bath, or one, in which the degrees of heat are not many below that of the human body. This, would, ultimately prove in common language a strengthener, and by gradually increasing both the time of staying in such baths, as well as decreasing the degree of heat in them, the salutary effects they are designed for, may be obtained, and the delicate frame rendered less liable to be injured, by the unavoidable exposure which is occasionally incidental, in this climate.

It may here be expected, that we should offer some observations on the different *parts of this kingdom*, so as to point out *such situations* as are *most favourable to the Phthysical*, or to those disposed to it; but what we could say respecting this, would be mostly conjectural in reasoning from the analogy, which we should find more or less to prevail in temperate climates. Those who have been afflicted with Phthisis in the northern parts of the Island we have known benefited by removal to southern and so-western parts, where the air is milder.

There may be some suspicion raised in the mind, that we sometimes err, in sending the Phthical of the *florid habit*, to those places where the air has been reckoned pure; if a late theory which has much reason on its side is well founded\*: and this quotation may serve to support such a doubt.

The philanthropic Jonas Hanway was a very great advocate for warm clothing. Being in a decline, he was ordered by his Physicians to the south of France: but some very urgent business

\* Opus est si vires patiuntur, longa navigatione, cœli mutatione sic, ut *densius* quam id est, *ex quo discedit æger*, petatur. Ideoque aptissime Alexandriam ex Italia itur. Celsus l. 3. c. 22.



ness calling him to visit Holland, in the moist air of that country he speedily recovered, and remarks that the Dutch are free from this dreadful calamity, which he attributes partly to *the air*, and partly to their *warm method of clothing*. Those consumptive patients, in a note to the preceeding, Dr. Thornton adds, whom we hurry off to the clear air in the south of France the French physicians, on the contrary, order to the foggy air of Lyons. As they cannot both be right, and as the Hot-Wells favours the sentiments of the latter, being near a great town, where innumerable works are carrying on, and situated on the borders of marshy ground, and a river the most choaked up with mud of any in the world, there is some probable grounds, for doubting of the justness of our prevailing practice\*.

And, from some late observations which have been made, it does not appear, that those who live in such situations, as are deemed to have a purer air than others, are more free from Phthisis than those who live in the former§.

How different are such ideas, to those which Morton entertained, when he mentions amongst the causes of Phthisis, a dense and marshy atmosphere, replete with the smoke of coals, vitiating the animal spirits, as necessary to the right fermentation  
of

\* Medical extracts, v. ii. p. 270.

§ Letters from Dr. Withering, &c. p. 13. Where, the idea of the prevalent opinion, that workmen employed about limekilns, do not become consumptive is mentioned; and that such people, as are employed in occupations which require them to breathe an atmosphere impregnated with animal effluvia, as butchers and makers of catgut, are also observed generally to be free from that disease. See also, what is said on the relief which some consumptive cases have received by breathing the air of cow-houses, "in a short account of the nature and properties of different kinds of airs, by R. Pearson, M.D. p. 18,

of the blood, thus debilitating and causing infractions of the lungs\*.

“ It is an opinion entertained by many persons conversant in  
 “ the history of medicine, that certain diseases are now much  
 “ more prevalent, and certain others less so, than formerly: some  
 “ indeed, that made great havoc in this island centuries ago, have  
 “ now totally disappeared. These variations have been imputed,  
 “ and with great appearance of probability, to the entire change  
 “ that has taken place during the lapse of ages in almost every  
 “ circumstance of *the manner of living*. But in many instances  
 “ we are not able to fix upon the particular alteration to which  
 “ the introduction or the extirpation of any given disease is to  
 “ be ascribed; and still less can we precisely determine the effect  
 “ of the alteration upon the functions of the living body. If it  
 “ be true, however, as so many medical practitioners believe,  
 “ that consumption is now much more frequent, it is easy accord-  
 “ ing to my system, to understand whence this has happened.  
 “ The inhabitants of this country, almost without exception,  
 “ breathe a freer and purer air than their ancestors. Nor do I  
 “ believe that there is any particular in which the difference be-  
 “ tween the present and some past generations, is so remarkable.  
 “ You see then that the subjects of our Edwards and our Henrys,  
 “ and of good queen Bess may have found, in being more free  
 “ from so formidable a disease than their delicate and airy posteri-  
 “ ty, some compensation for the confined air and filth in which  
 “ they passed their existence||.”

The

\* Phthisiologia,—p. 69. and orders amongst his precautions,  
 Aere utatur aprico, perflatili, benigno, et a fumum carbonum  
 libero—which besides other advantages—etiam pulmonibus jam  
 continua tussi calefactis pacem (aliquatenus saltem) conciliare  
 possit. p. 79.

\* Beddoe's letter to Dr. Darwin p. 20, The following com-  
 munication may aptly be propagated here. “ My case contains

The reader will observe the allusion which is made to PNEUMATIC MEDICINE, the advantages of which the author does not know from experience; his expectations of them are only drawn from the perusal of those publications which have lately appeared upon that subject, and which announce the use of different kinds of airs, in different diseases of the lungs, and the respiration of a modified atmosphere in consumption, as productive of the happiest curative success. Many medical characters deservedly bearing the highest reputation, think but slightly of the effects which are to be produced by the pneumatic practice, yet as the facts brought forward so far in support of it, are too respectably vouched for to be doubted, tending to shew that the administration of factitious airs in certain diseases is safe, and promises advantage to society; we think it deserves that attention which is necessary to ascertain its true merits in the scale of practice: and as "one agreeable circumstance attends it, that different kinds of air may be exhibited to consumptive patients, while at the same time they may persist in any plan of medicine or diet, which they or their friends for them are solicitous to pursue, without interfering with the remedy which is applied to the seat of the disease, and the ulcerations of the lungs\*."

The

"nothing that seems to me applicable to your theory. The sole inferences to be drawn from it are, that in the *florid consumption* a change of air from the sea shore to an inland and mountainous situation is highly useful; and that the hectic paroxysm on its approach, may be prevented by the *swing*; in some instances, and by *exercise on horseback* in still more, to which last, persevered in with a degree of punctuality that is not common, I chiefly impute my recovery." Letters from Withering, &c. p. 35.

\* Letter from Dr. Darwin.



TUBERCLES are considered by Dr. Cullen as one of the most frequent and dangerous causes of phthisis\*; and describes them as certain small tumours having the appearance of indurated glands, at first indolent in their state, but which at length becoming inflamed, are changed into little abscesses which breaking, pour their matters into the air cells of the lungs; whence purulent expectoration, and one foundation of phthisis is derived. In the third chapter of Dr. Reid's Essay a more particular account of them may be seen; he does not suppose them to originate from diseased lymphatic glands†, attributing them to obstructions in the exhaling vessels, from viscidities taking place in the exhaled lymph. Such as we have seen, were small hardened substances, appearing to be less vascular than other parts contiguous having a whitish appearance, similar to a deposition of coagulable lymph.

A tuberculous state of the lungs may happen in early infancy, though rarely; the attack of phthisis generally from them, happens at the same period which Cullen assigns for hæmoptysis‡: and on the same kind of habit, though with less marks of the exquisitely formed sanguine temperament. They may be found  
in

\* First lines 876, 898, 905, 906. Morton p. 95.

† Page 22, "There is no absolute criterion by which we can determine, when they are first formed in the lungs. They are to be suspected, when the cough is violent; continued with short intermission, particularly at night; and viscid phlegm is expectorated with difficulty." p. 30. Cruikshank says sometimes, but rarely, the glands of the absorbents are within the substance of the lungs. p. 128. On the anatomy of the absorbent vessels the theory which Morton gives relative to the production of tubercles has much of similarity in it to Dr. Reid's. *De signis diagnosticis phthisiologia* p. 93. & seq. Morton.

‡ Loc. cit. 887.

in the lungs of many who have never been distressed with pulmonary complaints to any great degree, nor have become phthisical. Some have lived from youth to advanced age, when supposed to be affected with them, having had throughout their life, daily in summer and winter, an habitual cough, with difficult respiration and a sense of weight in the chest; yet by attention to their conduct, they have, as Morton says, without medical aid, kept themselves free from danger; being content rather to live afflictedly than medically\*.

The author of the elements of medicine says that where tubercles have been suspected, in those who have died of confirmed consumption, they have not upon dissection after death been found†. But their frequency upon this same evidence, is incontrovertible, whether they are or not, when found, as he asserts, only an effect and not a cause.

The existence of tubercles, has been generally suspected most in the scrophulous disposition, and been imagined to be a scrophulous affection of the lungs; there seems to be, in those in whom they prevail, the same constitutional marks of flaccidity, debility, and delicacy, as in scrophula. They are sometimes dispersed by the efforts of nature, before they come to an inflamed state; but yet in the attempts at resolution of them, by any artificial means, the analogy between them and scrophula affords little guide to our endeavours towards success‡.

Where they are suspected, by the symptoms we have practically detailed, and by those which the medical reader may more minutely find in the authors we have referred to; we should ever endeavour as much as possible to prevent their inflammation: by instituting a moderate diet, avoiding all local irritations caused by excessive exertions of the respiratory organs, as violent running, or other exercise, unfavourable postures of body,  
or

\* Phthisiologia Morton p. 215.

† § 236. Note r.

‡ Cullen's first lines 907.

or whatsoever may diminish the capacity of the chest, using a proper clothing in spring and winter, such as may obviate the imprudent application of cold to the body, and maintain an equable distribution of fluids, on the surface, avoiding whatsoever may produce catarrh, as sudden transactions from cold to heat.

The contagious nature of phthisis has been disputed by some and maintained by others. Morton places it amongst his procatarotic causes\*. Cullen says he has hardly seen one case which could appear to have arisen from contagion; and thinks that in warmer climates it may be more discernable than here†. Reid‡ does not altogether confirm it, but thinks, in the last stages of the disease the purulent exhaled particles, conveyed by the breath, should be avoided by the young; who should not be much about the sick, or suffered to sleep in the same bed or even in the same chamber.

Dr Beddoes says, that under the various kinds of treatment of phthisis which yet has been used, the patients at length submit to fate; and that generally, with many of their relations by hereditary disposition, or with their nearest friend by *contagion*§.

We

\* Contagium etiam hunc morbum propagat. Hic enim affectus (uti frequenti experientia observari) lecti socios miasmate quodam, sicuti febris maligna, inquinat. Loc. cit. p. 70.

† Loc. cit. 886.

‡ Essay chap. 15.

§ " I believe both these consumptions (one which begins with slight hæmoptoe, and which is generally seen in dark-eyed people with large pupils; and the other which commences without hæmoptoe, and which is generally seen in light-eyed people with large pupils. The former of which is generally hereditary without any appearance of scrophula; and the latter with appearance of scrophula in the present, preceding or third generation upwards. This attacking people of all ages; the other commencing

more



We can from observation confirm this; and in one family, the fact was particularly established.

We may readily allow the probability of this, even without hereditary disposition; and how much more so with it: if we may be allowed to suppose that whatsoever induces debility, forms a remote cause of phthisis especially if there is any tendency to scrophula. A sedentary life therefore, in warm rooms, exposed to a vitiated quality of the atmosphere, where the sick breathe and sleep, must needs promote that; aided by the effect of watching and depressed state of the mind: subject to continual anxiety, from the interest which the attendant is most likely to take in the fate of a relative or friend. Therefore, rightly has Morton ranked amongst the procatactic causes, affliction of the mind, intense attention and thought\*. Under which state the application of an exciting cause, may produce those incipient effects, which being attached, pave the way to the direct morbid condition.

OF CATARRH. Morton enumerates a catarrhal disposition amongst the diagnostic signs of phthisis; in which, the person from the slightest occasions, or scarcely without any evident cause, is frequently subject to a cough.

H

Catarrh

more certainly between seventeen and twenty-seven years of age)  
 " to be infectious, to those who sleep with such patients in the  
 " last stage of the disease; as I have observed a husband in two  
 " cases begin to be diseased soon after the death of his wife; and  
 " in one a wife, who became consumptive soon after the death  
 " of her husband; in all which cases there was no reason to  
 " suspect hereditary predisposition."

Dr. Darwin's Letter to Dr. Beddoes.

See Cruikshanks loc. cit. 178, who supports the opinion of this contagion.

\* See depressing passions in the sequel.

Catarrh, is only an inflammatory affection of that part, which is called the mucous membrane of the Trachea and Brouchia\*, is not disposed to suppuration; or if so, simply of itself, it readily heals: can only tend to produce phthisis, in those who are peculiarly predisposed. The degrees of it, are various, according to the force of the causes. It is an affection to which every one may occasionally be liable, but the young, the tender and delicate, and those born of parents, who have been much subjected to it are more so than others; from whence it has been deemed an hereditary complaint. Others, without any parental lapse of this kind, are prone to it from mal conformation of the chest, and such a form as we have described†. Those, also, who have been afflicted with it, become often habitually so disposed; especially if former affections have left any tuberculous complaint on the lungs.

The principal causes to which it has been attributed, are cold applied under certain circumstances, whilst the body is in a heated state; exposure to heat after cold; and contagion\*.

When in a violent degree, it may be combined with inflammation of some other part of the chest; and when neglected, as often it is, under the common opinion, of *a cold*, it leads, as frequent experience has made known, in the phthisical habit, to the most dangerous consequences: the symptoms of which, it is not in our province to delineate. Under such impressions, let  
not

§ The windpipe and it's branches the air vessels of the Lungs.

† Dissertatio inauguralis. G. Fordyce.

§ Upon the principles which are alluded to, respecting *cold bathing* and the glow which ensues, on being exposed to a superior degree of heat, after experiencing an inferior application of it. If the degree of warmth therefore, after this, was great, inflammation would be the consequence. The experiencing of an *extraordinary and continued glow* after the use of bathing, is not so beneficial as has been usually thought by many.

not the patient unaware of his danger, be lulled into a fatal security; fancying his complaint, what may easily be removed by simple remedies, let him not trust, only, to nostrums and domestic remedies! it is of the utmost consequence that the disease should be ascertained, and distinguished in its true nature; for if it is simply catarrh no alarm need be given: and to suffer it to be treated only as such, if the tendency is phthysical, is cruel, and can only be done so by ignorance\*.

It is, from catarrhus complaints having been mistaken by the ignorant for phthisis, or designedly called so, by the crafty, that they have often arrogated to themselves the merit of having cured consumption†. It cannot therefore, be too strongly impressed upon the minds of young people, as well as those who have the care of them, that a cough merely the consequence of a cold, usually ceases of itself, in eight or ten days; if it continues longer, danger attends its causing phthysical symptoms‡: regard being made to the degree of the symptoms; affecting with fever, pain, difficulty of respiration, cough, expectoration and the former state of the lungs. For, if not timely removed, it nourishes to itself its own evils, by symptoms, aggravating symptoms.

Let not those, in whom there is fulness, with debility, who are easily affected with the symptoms called *a cold*; be heedless of it, merely, because they flatter themselves they have had more serious affections of the kind with impunity before; thus soothing the alarm of their friends, when caution ought to be the alert guardian which should enforce its sanative care and rules.

Whatever reasoning we may make use of, to prove the mode of action of the causes on the system, a matter which it is now irrelevant to our purpose to enter into, we are convinced of the fact

\* Cullen 856, 889, and seq. Reid 55. and seq.

† Letters to Darwin by Beddoes, p. 32.

‡ Letters &c. p. 11.



fact; respecting the injury which is entailed upon multitudes from this source\*.

*The degree of painful suffering, which phthical patients are supposed to have comparatively with other diseases of an acute nature, rapid progress, and early termination, is generally imagined to be less than in these; though the lungs are supplied copiously with nerves, but the vital organs, those of involuntary motion, do not, under many injuries, convey to the mind those impressions which are similar to those experienced in parts subject to volition; and many parts insensible in health, become painful when under inflammation. The degree of pain experienced in the chest, in phthisis, is to be compared with the cause and degree of inflammation there. In the suppurated and ulcerated state of the lungs, little sensation of pain is excited; though, before it might be acute. In some the progress is slow, and the pain from the first more obtuse; generally, from the first commencement of the disease, some stitches are felt in the fore part of the chest, or sides, augmented by troublesome cough and posture. The former continuing and increasing, becomes often incessant, violent, hard and dry, with pains in the side more sharply distinguished and fixed; whilst the respiration is quick and difficult, particularly in higher degrees of inflammation,*

\* We have in our poetical part, only mentioned one cause, agreeably to common opinion, of a sudden transition from a heated apartment to a cold atmosphere, as exciting catarrh, and inflammation of the lungs &c. yet we believe, that the same change from cold external air, to that more heated, is as often to be blamed. The reasoning in favour of each, cannot here be indulged in, contrasted opinions may be read in Cullen's first lines 1046, and seq. and the Elements of Medicine by Brown and preface to Beddoes, edition p. 26, and 407. seq. see also Dissertation on simple fever by Dr. Fordyce, p. 135, see Exercise and Transitions.

tion, and from hæmoptie causes. But, when the disease proceeds in a catarrhus form, exciting tubercles to inflammation it is often more insidious in its progress, and often little attended to by the patient. By degrees, *the hectic fever* is established; when ease is destroyed, by the daily succession of symptoms, which, with little intermission harasses the hours of night and day.

When woes the waking sense alone assail;  
 Whilst night extends her soft oblivious veil,  
 Of other wretches care the torture ends:  
 No truce the warfare of my heart suspends!  
 The night renews the day distracting theme  
 And airy terrors sable ev'ry dream.\*

In the advanced stages, the cough is performed with more ease; and the degree of pain which afflicted any part of the chest, being diminished, attention to it is scarcely excited. Such an acquired ease, now, becomes a source of *delusion to the hopeful mind*; and affords a flattery, which often accompanies the sick person through most stages of the disease, that the danger is abating, and he has a good foundation to expect a cure. It has before been remarked†, that the consumptive are particularly ingenious in accounting for every accession of fever, or increase of any other symptom; and as readily attribute their remission, to the effects of some remedy which they have taken, by the advice of their physician or their friends: for in this, most people who visit them know an efficacious remedy. Thus, to the last, do the phthical go on to hope a favourable event, and really suffer less than their afflicted relations, who observe, a favorite, wasting by an unconquered disease, yet elevated by hope, and unconscious of danger whilst tending quickly to sepulchral destiny. The reflection on which state awakes

\* Pope's Homer B. 20. l. 98.

† By Dr. Reid, see Eff. p. 11. and 13.

A S E N T I M E N T.

When sweetly life on easy pinion glides,  
And little pain arrests from incidents;  
A dolent sting the sudden shock betides;  
Deep tortures rise with unforeseen events.

Whilst those, who on the turbid billows sail  
Of adverse fate—whose days are pain and care,  
See lesser evils float, along life's gale,  
And pass unnotic'd, midst the vital fare.

But thou, oh time! great arbiter of deeds!  
Whose hands, oblivion's boundless cup can give!  
Canst soothe the anguish of a mortal's heeds!  
We quaff the stream, and tranquil hearts receive.

Sweet balm! from thee, the kindly bliss I greet,  
And praise the healing draught that brings such rest;  
But whilst a present pang thou woud'st delete,  
I wou'd not have the cause, from thought suppress'd.

Let those imbibe the lov'd quiescent stream,  
Who woo forgetfulness of anxious grief;  
Then lose a name I lov'd, by mem'ry's dream,  
I'd rather live still vacant of relief.

Whilst the best means we have in our power are made use of, in combating the disease, so as to palliate and alleviate, we cannot perhaps, but with cruelty, do away the *firm persuasion* which the mind indulges in, *of health being recovered*; and that delusive enjoyment which is cultivated by the phthysical that yet they may live to perform the enterprizes which enter the imagination. For such a belief, physically speaking of the human mind, ought not to be destroyed; whatever morality and religion may urge: and medically, we know the vast utility which confidence gives toward



towards support under and recovery from disease. An easy and amused reflection, is at all times a desirable object; the allowance therefore, of what promotes such aid, and adds to its pleasure is worthy of being permitted. The DEPRESSING PASSIONS destroy at all times vigour of body, their force therefore must be particularly felt by the diseased and debilitated frame. In the degree of health which the delicate constitution possesses, their impression, especially upon those possessing much sensibility of mind, exerts an inordinate power; and if long continued, are most perniciously destructive to the body. It might well then be said that

“ Love, hope, and joy, fair pleasure’s smiling train,  
 “ Hate, fear, and grief, the family of pain;  
 “ These mix’d with art, and to due bounds confin’d,  
 “ Make and maintain, the balance of the mind.\*”

Afflictions of the mind have been reckoned amongst the remote causes of phthisis, as Morton mentions†, and Bennet before him‡. If a due action of a stimulus maintains health and strength, whatsoever destroys that, tends to induce general derangement and debility; which may be acted upon, by causes exciting morbid symptoms. Hope seems to be the most grateful stimulant to the

\* Pope’s Essay on Man, Ess. ii. l. 117.

† Causæ procatacticae, seu primam ansam huic morbo præbentes, sunt 2°. Pathemata animi graviora, præcipue vero metus tristitia iracundia, cogitatio nimia, et nimis anxia, uti et studia intempestiva, et nimis longæ, cum aliis hujusmodi. l. 2. cap. i.

‡ Animi moeror, unde spiritus dejicitur et vis tabifica altius imprimitur.

Unda lacusque nocent, et causa valentior istis,  
 Anxietas animi.

the mind, and therefore Theognes the greek poet, metaphorically deifies it, as one of the greatest benefits which remain on earth\*.

The operation of the passions upon the mind, has been felt by every one comparatively; but their mode of impressing the body, can be little described or accounted for. The idea we have, is that they all act according to the range they have, in proportion of stimulus, on the excitability of the body; the degrees of which, we know are various in different persons. For, as the celebrated author who has presented the world with strictures on some of Dr. Browne's doctrines†, says, "The excitability therefore, is exhausted by any passion or perturbation, in the same manner as by excessive excitement in other cases. Whether temporary weariness, or irreparable debility shall ensue, depends upon the intensity and duration of the exertions, made by the organs in action." This latter writer, reckons deficiency of passion, as sadness, grief, fear, terror and despair, only as inferior degrees of gladness, confidence, and hope; implying a diminution of exciting passions. There is a necessary degree of passion, which acts on the body as other stimuli, either in excess, in due, or in defective proportion. The proper action of the mind, and energy of passion, or emotion is to be ranked with those stimuli, which tend to produce an equalization of excitement over the whole system.

If any passions are sedative, it is by their long continuance, inducing direct debility, from the absence of sufficient stimulus; or indirectly so, from the violence of their immediate application, destroying by forcible stimulus the excitability. That debility

however

\* *Spes inter homines sola dea bona est :*

*Alii vero dii in coelum, nos relinquentes ablerunt.*

*Sententiae Theognidis.*

† Preface to the translations of his elements, clviii. Also Elements § 279, 311, 23, 138 to 144.

however, does ensue in the body from affections of the mind, is an effect we cannot deny, however, we may pretend to reason on the subject. Intense thinking upon one object is at first attended by great excitement of the whole system, as thinking in general affects the brain.

Hence different passions more or less inflame,  
As strong or weak the organs of the frame;  
And hence one master passion in the breast,  
Like Aaron's serpent swallows up the rest\*.

The long continuance of thought, wastes the excitability or vital powers, whence diminished energy takes place in the body,

A galling circumstance to human pride!  
Abasing thought, but not to be denied!  
With curious art the brain too finely wrought,  
Preys on herself, and is destroy'd by thought,  
Constant attention wears the active mind,  
Blots out her pow'rs, and leaves a blank behind†.

The addition of further motives for disappointment and fear perpetuate their loss and produce all those symptoms which indicate impaired strength; the appetite for food becomes depraved, and the supplies of nutriment are defective and cut off. Thus does a dejected mind produce languor of body, and

Hence the lean gloom that melancholy wears  
The lover's paleness — — — — —  
Oft from the body, by long ails mistun'd  
These evils sprung the most important health,

That

\* Pope's Essay on Man, Ess. ii. l. 131.

† Epistle to Hogarth by Churchill.



That of the mind destroy: And when the mind  
They first invade, the conscious body soon  
In sympathetic languishment declines\*.

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O ye, whose souls relentless love has tam'd  
To soft distress, or friends untimely slain!  
Court not the luxury of tender thought;  
Nor deem it impious to forget those pains  
That hurt the living, nought avail the dead.  
Go soft enthusiast! quit the cypress groves,  
Nor to the rivulet's lonely moanings tune  
Your sad complaint†. ———

So shall you escape that state of mind which produced an

EVENING'S VAGARY.]

Tranquility, with ease, a twin-form'd birth,  
In Eve's dim mantle cover'd far the earth;  
When from her loved, led Amanda's way,  
And as from him she sped, so pass'd the lucid ray.  
She sigh'd—how different art thou, Eve, to me!  
My heart estrang'd to thy serenity!

Soft falls the dew, upon the grassy glade,  
Where peacefully the shepherd's care is laid,  
Whose cravings with satiety repos'd,  
For rest—with parting light, their needful toils have clos'd:  
Content—but ah! such ease not dwells with me,  
No such calm joys are here my destiny.

The

\* Armstrong, b. iv. l. 47. & 134.

† Armstrong, b. iv. l. 145.

The woodland choristers have sung their lay,  
 And rest in silence on the leafy spray,  
 The social red-breast, bard of soft twilight,  
 Has finished his chanting to the god of night.  
 Happy—whilst here, no comfort dwells for me,  
 My heart a tempest 'midst serenity.

The lab'ring steed, now, by the swain is driv'n  
 To those confines, which to his lot is giv'n ;  
 His guide with whistling, or with blithsome song  
 The track accusom'd cheers, whilst slowly pass'd along.  
 With them quietude joins—and flies from me,  
 My sole companion, tort'ring destiny.

Frail, is the consolation I wou'd prove,  
 In the remembrance of once smiling love,  
 Whose charms have mix'd with disregard's alloy,  
 And on despair, have wreck'd the bubble of my joy.  
 Obscur'd as night is now felicity,  
 The splendid sun of hope, is set with me.

Where do these flattering fancies now abound ?  
 Which pour'd by plenty were indulgent found ?  
 Those treasures which delight with fairy wand ?  
 From expectation's mines oft rais'd at my command ?  
 Vanish'd—on wings of infelicity,  
 By magic touch of froward destiny.

Peace to thee, Eve! thy herds, thy plumed train,  
 And Beings all—who love the air or plain !  
 Sleep be with those, who at it's sway rejoice,  
 And pleasures of this orb, can hail with happy voice.  
 She said—with tears, and shook her anguish'd head  
 Careless for self—with pray'rs for all—from sight she  
 vagrant fled.

The greek word *Acme*, is known by most people to be applied, to any particular point of time, degree of maturity or perfection. It specifies in our poem, the period when the growth of the body is circumstantially completed in youth.

Hippocrates says, in those of advanced youth, or approaching to puberty many diseases attend; fevers and flux of blood from the nostrils: and that many also, are then terminated. Phthisis, he mentions as attendant on the years from the eighteenth to the thirty-fifth of age†.

This period is effected by the process of Nutrition and Growth of the body, gradually from it's primary state, by the powers with which it is endowed. The theory, concerning which, may be found in the writings of Physiologists. The allusion we have made, is to that taught by the illustrious Cullen and others; in order to elucidate it, for those who have not opportunities of consulting such authors, we shall attempt to give a brief sketch of what concerns these subjects.

We know that there is a constant waste and dissipation of the parts of the body, from the actions which are supported, whilst the vital principle is attached to the animal and natural functions; and, that the necessity of reparation of this loss, accompanies us, whilst this condition subsists: the supplies for which, are derived from what is taken in by the stomach and lungs, food and air, elaborated and rendered fit, by the peculiarities of the animal œconomy, to promote apposition of parts; giving bulk and vigour to the body, aided by rest, when sleep affords the opportunity of renewing that loss of excitability, or vital principle, which is expended by the actions existent in wakefulness.

From minute rudiments, the human body grows to a considerable size. From being of a texture, soft, lax and yielding, it becomes composed of more firm and hard parts; some of which arrive at perfection sooner than others. Of those, the heart is  
one

† Hippocrate's Aphorism, Sect. 3. Aph. 27, 28, 29. and S. A. 5. 9.



one of the first, beginning a function which it is to continue, virtually, whilst moral life remains with the body. In the commencement of it's action it is placed centrically with regard to the surrounding parts. It is, in the foetal, and infantile state, larger in proportion to other parts, than what it is in the adult; in the former it is also more irritable, and performs more frequent pulsations, in a given time, than what it does in the latter. The blood vessels also, in this state, are not so numerous or yielding, as in the former, when they are capable of being acted upon, by the pulsile and distending force of the heart, exerted on all around it.

Many circumstances concur, to favour the increase of the body in early life; a greater quantity of fluids are then formed, than what is merely necessary to nourish it's bulk: so that the system may be said to be always in a state of plenitude, though not a morbid one, owing to the easily dilatibility of the vessels. Infants take a greater proportion of food comparatively, than adults; digest it more completely, from it's nature perhaps; sleep much, and have little waste from exercise; all which, whilst the body increases, is circumstantially not injurious: but as that ceases, different effects may take place, especially in a weakly constitution.

In whatever manner the apposition of parts may be supposed to take place, the growth of animals we presume, depends upon the extension of the arterial system, by the powers propelling the blood; the chief of which is the contraction of the heart and arteries: it being supposed, that the distending force, acts chiefly, according to the axis of the vessels; and therefore, why, they should increase first in length: that power going from the trunk to the branches, these are extended, and also the parts with which they are connected; to which is carried the nutritious fluid the blood endowed with all the necessary properties for nourishment.

Eut

But many conditions retard the velocity of the blood, with which it is transmitted by the heart†; and these render some parts more or less exposed to the force of the blood, and liable to receive a greater quantity than others: so that some must necessarily arrive at perfection before others, according to circumstances of the nature of the constitution originally, or future occurrences.

Thus, the head acquires it's full size, sooner than some other Parts do their complete bulk, and, as parts are evolved after each other according to the œconomy of the body, may be understood, in some measure, the production of the puberty of the sexes, and the wonderful and sudden increase of the limbs, at the time when the superior parts cease to increase.

As parts are secreted from the blood, by the peculiar nutritious process, and applied to their purposes, the bulk increases; those parts which first are perfected, will the soonest acquire a proportionate degree of density, which will resist further extensions and growth: the blood therefore, meeting with such an impediment, will be determined with more force and in greater quantity

† That is, accordingly as the part is more or less distant from the heart; or the circumstances which refer to the capacity of the arteries, being enlarged as they are more distant from the heart; the frequent flexures of arteries; angles of the branches with the trunks; and junctions of different branches; retardation from the viscid texture of the blood: or friction by adhesion; resistance given by the weight and rigidity of parts surrounding the arteries. The gravity of the blood, also, may concur with, or oppose its motion in the part. So also, may it be impeded, according as those causes which increase or diminish the action of the arteries of the part, are applied or removed, as constriction, compression, ligature, position, relaxation or aperture and resistance of the veins.

Institutions of Medicine, Cullen 176, 177, 178, 295. & seq.

quantity to parts not so completed, the force of the heart, and quantity of fluids with respect to the whole system, remaining the same, till the whole system is evolved, and every part of the solids is, in respect of density and resistance, in balance with every other, and with the forces to which they are severally exposed; so that there can be no further growth, unless some preternatural circumstances shall happen to arise.

Before each part has arrived at it's permanent state, whilst some remain lax and yielding, any occasional increase of the distending power, may take place without perceptible injury to the system; but as the distending power, and resistance of the solids come to be nearer balanced, any increase of the former, may produce a rupture of such vessels as will not readily suffer extension. We may apply this to account for *bleeding at the nose* in young persons, about the fifteenth and eighteenth years of age; or sooner, according as circumstances may take place; while the system is in the full state mentioned, and the force of the distention is determined to the head; where, then, the two powers are most nearly adjusted: resistance augmenting, as the distending force is applied, rupture of some vessel is likely to happen; and most chiefly so in the nose, where the blood vessels are numerous, and weakly supported upon the internal surface of the nostrils.

By the accretion of matter secreted by every system of vessels according to their peculiar œconomy, producing the softest, and hardest ossified parts, the resistance to the extensile power becomes gradually augmented; and as parts are, thus, less ready to be extended, they perhaps receive less readily any addition than before; consequently the more the body grows, the more slowly does it admit of any additional growth; more especially since it is found that whilst the density of the solids increases, the distending powers by age, becomes less; the heart moving slower and more weakly, becomes as well as the vessels less irritable; therefore



therefore the period must arrive, at which the extensile and uniting powers balance each other.

Another cause, to produce the prevention of further growth, is, the idea, that during the growth of animals, the arteries are acquiring an increase of density, in a greater proportion than the veins are at the same time; for the arteries have always a tendency to contract their cavities: and that the resistance in the veins, with respect to the arteries, must be constantly diminishing, the former, therefore, will receive a greater proportion of blood;\* whilst the arteries in the same proportion will be less extended. Adding also, to the diminished resistance in the veins, the decreasing power of the heart, we may comprehend how rigidity of vessels takes place, and of every fibre in the body, tending to maintain equilibrium with the extending powers.

It will be, we hope, readily understood from the foregoing, how from the energy of the heart, the augmentation to the proper stature is produced, youth, generally speaking, arriving at this about the eighteenth or twentieth years of age; but the body is then still slender, and unlike the adult, in form, and unequal to it in vigour; by degrees it increases more, and acquires another form, becomes more proportioned, and lusty, the chest becoming fuller, the shoulders broader, bones and muscles larger, and the joints firmer. We may reasonably judge also, from the decrease of that power of the heart, how the compression of the larger vessels, and of the muscular and neighbouring parts upon the smaller vessels

\* This account of the change of the resistances in the arteries and veins, with respect to one another, is agreeable to the phenomena which shew, that the arteries are larger, and contain more blood in proportion to the veins in young animals, than in old; that arterial hæmorrhages occur most frequently in young persons; and that congestions in the veins, with hæmorrhages, or hydropic effusions depending upon such a state, occur most frequently in old age. Cullen, last. cited. 300.

vessels effects the obliteration of the cavities of these, and how the rigidity of old age is effected\*; the vital power, or excitability, being also by the actions of the body, exhausted, decay of bodily strength ensues, and loss of mental faculties. In such progression, therefore, does the corporeal system proceed, through *the morning, noon, and evening of life*. An interesting subject for man to dwell upon, and such, as we beg may apologize for the further insertion of the poet's description:

When life is new the ductile fibres feel  
 The heart's increasing force; and, day by day  
 The growth advances; till the larger tubes,  
 Acquiring (from their elemental veins,  
 Condens'd to solid chords) a firmer tone  
 Sustain, and just sustain, th' impetuous blood.  
 Here stops the growth. With overbearing pulse  
 And pressure, still the great destroy the small;  
 Still with the ruins of the small grow strong.  
 Life glows mean time, amid the grinding force  
 Of viscous fluids and elastic tubes;  
 It's various functions vigorously are plied  
 By strong machinery; and solid health  
 The man confirm'd long triumphs o'er disease.  
 But the full ocean ebbs: There is a point,  
 By nature fix'd, whence life must downwards tend.  
 For still the beating tide consolidates  
 The stubborn vessels, more reluctant still  
 To the weak throbs of th' ill supported heart.  
 This languishing, these strength'ning by degrees  
 To hard unyielding unelastic love,  
 Thro' tedious channels the congealing flood  
 Crawls lazily, and hardly wanders on;

K

It

\* *Conspectus medicinæ theoreticæ auctore Jac. Gregory, M. D.*  
 &c. Cap. 22.

It loiters still : And now it stirs no more.  
 This is the period few attain ; the death  
 Of nature ; thus (so heav'n ordain'd it) life  
 Destroys itself ; and cou'd these laws have chang'd,  
 Nester might now the fates of Troy relate ;  
 And Homer live immortal as his song\*.

We have only in this part of the subject, to add something relative to HÆMORRHOE. Taking for granted, the reasoning which is applied† to prove the different proportion of the density and strength, subsisting between the arteries and veins at different ages, the power of which in infancy and youth, is in favour of the veins, in adult and more advanced age in the arteries ; the equilibrium being supposed generally to take place about the thirty-fifth year of age‡ : hence, if plethora happens in the body before that time, it is supposed to shew itself in the arteries, because of their laxity and

\* Armstrong loc. cit. b. ii. l. 516.

† Cullen's first lines, 741 et seq. 766.

‡ “ In general it may be observed, that when the several parts, of the system of the Aorta (system of the arteries) have attained their full growth, and are duly balanced with one another, if then any considerable degree of plethora remain or arise, the nicety of the balance will be between the systems of the aorta and pulmonary artery, or between the vessels of the lungs and those of all the rest of the body. And although the lesser capacity of the vessels of the lungs is commonly compensated by the greater velocity of the blood in them ; yet, if this velocity be not always adjusted to the necessary compensation, it is probable that a plethoric state of the whole body will always be especially felt in the lungs ; and therefore, that an hæmorrhagy as the effect of a general plethora, may be frequently occasioned in the lungs ; even though there be no fault in their conformation.” Cullen loc. cit. 760.



and debility, rendering them capable of receiving a greater proportion of blood than what an opposite condition in the veins allows. If so, then, upon the application of any sudden and violent cause, the distribution of blood may be disturbed, what is deemed congestion, by some, may take place, and rupture of, and discharge of blood from the arteries, happen as in *Hæmoptysis*.

The lungs are small, in comparison to the vascular system of the whole body; yet their blood-vessels are large, and more numerous proportionately; containing much blood, the entire quantity of the system being obliged, after respiration takes place, to pass through them. They are loosely supported by the neighbouring parts, therefore should they not be in a healthy state, they may be supposed not capable of bearing an increased impetus of blood, from strong exciting causes, and unable to resist effects, equally with the vigorous body; especially in the full state which is imagined to supervene the growth of the body, or whilst the density of the veins overbalances that of the arteries\*.

Those who are of the constitution we have before described, seldom bear without hæmorrhage the application of sudden and violent external causes; if we allow the plethoric state, or malconformation opposing equal and regular distribution of blood, or "faulty proportion between the capacity of the lungs and the rest of the body."—They are those, who possess fulness with laxity and delicacy—Those who have suffered from the disease, or born of parents who have been subjected to it. Those whose minds are of an active temperament readily affected by violent passions; subject to hysterics; in the time of age chiefly between the sixteenth and thirty-eighth year. The predisposition should also be attended to as a circumstance to which our allusions are ever made; whether there be malconformation or not, or tuberculous state. It is in that, that genuine *Hæmoptysis* is generally

\* See what is said, in the sequel, on Exercise.

rally traced; and mostly brought into effect, by taking cold or other injuries as whatsoever stimulates the sanguine circulation, or hurries the nervous power. Whatsoever may cause determination of blood to the lungs, as impediments interrupting circulation in other parts; or suppressed habitual discharges; want of exercise, with full diet, and the abuse of condiments or other stimulants; sudden and violent exercise of the whole body, or particular parts; or whatsoever violently hurries respiration; unfavorable postures of the body, coldness of the extremities and suppressed perspiration.

An exciting cause mentioned by Cullen, and which we have used in our poetical part, is *external heat*; which he says, even when in no great degree will bring on the disease *in spring*, and the *beginning of summer*, while the heat rarifies the blood more than it relaxes the solids, which before had been contracted by the cold of winter. It may be so, perhaps, if we may be allowed to suppose, that after the cold of winter, the operation of the effects of spring and warmth are on the human body in some degree as upon animals which have been torpid. The stimulus of warmth having been defective, the excitability becomes accumulated, and is susceptible of less stimulus afterwards, to its increased irritability. He ranks also, amongst the exciting causes, a sudden diminution of the weight of the atmosphere, of which undoubtedly some instances may be brought; but they are very rare in our climate. Our hills are not of such a height as to give cause to that, which Authors have described in exalted situations, from diminished pressure of the air; nor do we find, that those who have descended into the lowest depths we have in mines, &c. find an opposite effect from the pressure. But, heat and exercise in attaining ascents, may, to the predisposed, by hurrying respiration to whom all great efforts of the kind are hurtful, certainly act as an exciter of hæmorrhagy. So also, bodily exertions as increasing heat, and when aided also  
by



by external heat, as in warm rooms and crouded assemblies may likewise act ——— when the blood,

Too much already maddens in the veins:

Such *Exercise* increaseth the circulation through all parts; forcibly propels the blood to the extreme vessels; by which the discharge from the exhalants of perspiration is augmented. — Those

——— small arterial lengths that pierce

In endless millions the close woven skin.

The velocity of the blood proving, in the first effect a violent stimulus, by the increase of heat, to the whole frame; respiration is exceedingly hurried. Hence, it may urge determination of blood to parts, which otherwise might have remained in an innocent state; and if we may be allowed to suppose any local defect, morbid complaint or atony of vessels there to which the added debility which ensues to the whole frame, from the exhausting effect of much exercise, may contribute, we may easily conjecture the consequences.

When all at once from indolence to toil

You spring, the fibres by the hasty shock

Are tir'd and crack'd before their nuctuous coats,

Compress'd, can pour the lubricating balm.

Besides, collected in the passive veins,

The purple mass a sudden torrent rolls,

O'erpowers the heart, and deluges the lungs

With dangerous inundation: oft' the source

Of fatal woes; a cough that foams with blood,

Asthma, and feller Peripneumony,

Or the slow ruinings of the hectic fire\*.

We have supposed, under such a state of excitement from *Exercise*, the sudden exposure of a predisposed constitution, to  
sud.

\* Armstrong loc. cit. B. l. 3. 192.



sudden cold, as one means amongst others, of causing the worst consequences; not as the only one, because chiefly mentioned, but as the most coincident with common, and old popular opinion; and one which truly experience can say has been verily pernicious to many young people\*. A danger which the Poet whose language we have so frequently introduced energetically thus cautions against.

Hot from the field, indulge not yet your limbs  
In wish'd repose; nor court the fanning gale,  
Nor taste the spring. O! by the sacred tears  
Of Widows, Orphans, Mothers, Sisters, Sires,  
Forbear! No other pestilence has driven  
Such myriads o'er the irremeable deep.  
Why this so fatal, the sagacious Muse  
Through nature's cunning labyrinths could trace;  
But there are secrets which who knows not now,  
Must, ere he reach them, climb the heapy Alps  
Of science; and devote seven years to toil;  
Besides, I would not stun your patient ears  
With what it little boots you to attain.  
He knows enough, the mariner, who knows  
Where lurk the shelves, and where the whirlpools boil,  
What signs portend the storm: to subtler minds  
He leaves to scan, from what mysterious cause  
Charybdis rages th' Ionian wave;  
Whence those impetuous currents in the main  
Which neither oar nor sail can stem; and why  
The roughening deep expects the storm, as sure  
As red Orion mounts the shrouded heaven\*.

One

\* Armstrong loc. cit. B. 3. l. 219.

\* See what is said on Catarrh, in the preceeding part, the last note on that subject.

One reason given, accounting for hoemorrhage from the lungs, from cold or distress of mind, has been from the constriction induced on the superficial vessels of the surface of the body; which preventing the free transmission of fluids there, determines a great quantity of blood with preternatural impulse to the internal parts\*. To which should be added, the effect which the stimulus of exposure afterwards to a superior degree of heat would cause†.

*Transitions made suddenly from degrees of heat, to those much inferior, or vice versa, are well known to produce inflammatory affections; as in Catarrh or Pneumony*||. And when this happens in such constitutions as we have pointed out, it is seldom that it proceeds to a favourable issue; if a purulent state is not prevented in the lungs. Besides those causes, there are others, producing excessive stimulus; and which favour the effects of exciting causes. As fulness of blood, produced by inactivity, or its velocity increased by motion or labour, which affect the whole system, as well as the lungs; whose structure allows them to be affected by any shock given to the whole body, causing distension, and greater determination of blood to them. It is judged that a wound from Hæmoptysis, or Ulcer, from Pneumony, can only produce Phthisis under particular circumstances of the constitution‡.

We have introduced certain morning ideas at *Rockly*, a small village on the border of the Downs, about two miles from Marlborough in Wiltshire, on the left hand of the road from hence to Swindon; the residence of the honorable Colonel St.

John:

\* Cullen loc. cit. 1047.

† See what is observed relative to cold bathing, and a note at the end of the subject of Catarrh.

|| Inflammation of the lungs.

‡ *ibid.* — 867. & seq. & 898.

John : during an abode in whose hospitable mansion, this work was composed.

In topographical and natural history, this place has been mentioned, as remarkable for the accidental and temporary breaking forth of a spring of water in certain winter seasons, at irregular intervals of years, accordingly as circumstances and the nature of the weather happen. It discharges a large quantity of water for a certain period, and then ceases. It is known by the name of Hungerbourne. Which circumstance is deemed by the neighbouring people to indicate a dry sequent Summer. It flowed copiously last year, whilst the Author was there.

On the Downs, contiguously to Rockly, are left those marks of antiquity called *Barrows*. Some of which, are in a very perfect state, untouched by the sacrilegious hands of curiosity; whilst others have been penetrated and disturbed by the scrutinizing hopes of avarice, or antiquarian desire.

The\* learned simplicity of the ancient Britons dictated to them no other kind of funereal monument, than a small hillock of earth to cover the bodies of the diseased, which they rightly deemed sufficient to preserve their relics, and to perpetuate their memory to posterity. How much unlike the desires of many, of the present age, who strive to heap over their great dead, a superfluity of cumbrous ornaments, and proclaim their excellence at random in pompous epitaphs!

The marble tombs that rise on high;  
Whose dead in vaulted arches lie,  
Whose Pillars swell with sculptur'd stones,  
Arms, Angels, Epitaphs, and Bones,  
These, all the poor remains of state,  
Adorn the rich, or praise the great;  
Who while on earth in fame they live  
Are senseless of the fame they give§.

Our

\* From the Beauties of British Antiquity, by John Collinson.

§ Night-piece on Death, by Dr. Parnell.



Our ancestors used no such vain mementos, and yet their memory still lives in the green turf, and in all parts of this island we view with reverence and delight their unadorned sepulchres. The name of Barrows, is supposed to be from the Saxon, signifying the receptacle of the hidden dead: they are heaps of earth thrown up in a conical form, and are sometimes surrounded with a circle of upright stones, but generally with a shallow trench, which is the case with those near Rockley. Sometimes the trench surrounds two or more of them. Such as in different parts of this Island have been opened, have been found to contain not only the half burnt remains of the interred, with urns full of ashes, but also arms, vestments and female trinkets; as beads, bodkins, &c. In some have been discovered the instruments used by the Druids for cutting the misseltoe of the oak: in others burnt bones of animals; pieces of hewn stones, swords and pole-axes.

Northerly from Rockley, and about three miles distant from the vale, where some of the most perfect of the Barrows in this neighbourhood remain, upon the Barbury hills, a ridge overlooking the northern part of Wiltshire, stands the camp called Barbury; in the parish of *Ogborne St. George*: the village of which, is distant about two miles Eastward of hence, and in which, are several marks of its antiquity, besides the indications which some of its rights and privileges, and the holding of certain courts here, manifest.

That camp stands on one of the western eminences of the ridge of hills, which run east and west; and is in some parts very steep: especially to the north, and west, separating the high ground or Downs, from the fertile country below. Looking towards which, from this spot, the eye is delighted with the extensive and rich prospect which it enjoys; so different in aspect, to that which appears when we look back upon the Downs: where, the scene has a wildness, from the defect of inclosure, in our view-

ing the contiguous, distant and broken, range of hill and vale, devoid of trees. The whole of which extent is dedicated to Pan and Ceres; affording fine corn-land, and a large tract of herbage for sheep. On the other hand, the prospect into Gloucestershire and other parts, is, as Collinson says, under the eye like a map; as far as the Welsh hills beyond the Severn, whose lovely prospect would naturally animate the Britons in it's defence, as the Roman's in it's conquests. It is indeed a fine scene of woods, towns, pastures, rivers and vallies.

Barbury appears to be a Roman entrenchment, is of a circular form and double ditched quite round; the inner ditch originally must have been very deep, in many places now the cavity is much filled up by the descent of earth; the rampart is still high. There are two entrances, one upon the east, and another on the west diameter, which is two thousand Roman feet long\*. At the west, the inmost rampire retires inwards a little to make a port with jambs eastward, the outer ditch turns round with a semicircular sweep, leaving two passages through it obliquely to the main entrance, like our modern half moons.

From this encampment, towards the South may be seen another Roman camp, on *Martinfall Hill*; which is very steep on some sides. It is conspicuous at a great distance, and is within sight of all the camps in that country. North-easterly of Barbury, another entrenchment called Lydington may be seen; formed upon a very conspicuous eminence: but whether the work of the Romans or Danes we do not determine.

In several places on the Downs, are found massy stones, of various figures and sizes, sometimes in an isolated situation, sometimes in great numbers together as in the way from Rockley to Abury;

\* The Roman foot being somewhat more than  $11\frac{2}{3}$  in English measure, or 11 I. & 604 pts.

Abury ; in some situations they appear as if sited with design, having some regularity of order ; in others quite reverfely so : of some, a very fmall portion only appears above ground of their large bulk, others are placed fuperficially with their rude and immense fize entirely expofed. They are generally called *Grey-Weathers*, having their name, probably, from their refemblance to a flock of fheep at a diftance ; which the colour of the moffes with which they are moftly covered gives. They feem to be of the fame nature as thofe ftones which remain ftanding at Abury, and originally compofed a part of the Druidical temple there : their texture is very hard feemingly of the nature of flint with gritftone.

Having now conducted this part of our design to the limits intended, we leave it, and the whole of our prefent endeavours, expofed to the view of their Readers. To a diftance from the throne of judgment we retire, (under the tutelage of hope), waiting the determination of thofe who take prefidency there, Liberal and generous minds know how to be lenient to imperfections ; and an affurance has long ago adminiftered this confolation, That

He's half abfolv'd who has confefs'd\*.

Willing to bear the hand of correction, we afk only that prudence may direct it ; and whilft we fupplicate for the abfence of feverity, we would commend as a companion for our judges, Reason.

Equally form'd to rule in age and youth  
The friend of virtue and the guide truth†.

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\* Prior's *Alma. Cauti.* 2.

† The *Apology* Churchill.





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- Phthisical form and appearance of those sup-  
posed prone to Phthisis x, 9, 10. & note p. 44.
- cautions and advice to 42. 44.
- Pneumony - - - lxxxi, 99.
- Pneumatic-medicine - - - lv, 40.
- Predisposition - - - v. See Disposition and
- Prophylaxis - - - xxxv. 35 to 43. (Phthisical form.)
- Quacks - - - xxxiv, 28. 30.
- Rockley - - - lxxxi. 92.
- Sea-Voyages - - - xxxviii, 37.
- Seasons favourable or not to the Phthisical  
xxxviii, 37.
- Sentiment, a poetical - - - lxiv.
- Scrophula - - - xxxii.
- Situations for the Phthisical lxii. 37, 39.
- Teeth-whiteness of - - - viii, 10.
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- Sanguine and Phthisical xiii. See Phthisical form
- of decreased irritability xvi. (and Female Sex
- Transitions sudden xxxix, lxxx, lxxxi. 98. See Catarrh catch-
- Tubercles - - - lvi. ing Cold.
- cautions and advice in lxix. 41.



## ERRATA

## IN THE PRELIMINARY OBSERVATIONS.

Page	Line	
3	2	for <i>I hope</i> read <i>it is hoped</i> .
	5	— <i>are</i> read <i>be</i> and delete <i>I hope</i> .
	6	— <i>will</i> read <i>may</i> .
	8	— <i>I will not</i> read <i>the Author</i> .
		— <i>me</i> read <i>him</i> .
	10	— <i>the Author</i> read <i>him</i> .
4	3	delete <i>we have</i> .
	9	— <i>I have done</i> , and for <i>deserving</i> read <i>deserves</i> .
	10	for <i>my</i> read <i>the Author's</i>
	11	— <i>its</i> read <i>his</i>
	16	— <i>whilst I avow that I have often affixed blame to this</i> read <i>whilst it is avowed that blame has often been affixed to this</i>
	17	— <i>I read the Author</i>
	18	— <i>I read be</i>
	19	— <i>I am</i> read <i>is</i>
	20	— <i>to offer in this part I shall only</i> read <i>to be offered in this part he can only</i>
	21	— <i>I read be</i>
	22	— <i>I read be</i>
	23	— <i>have been</i> read <i>has been</i>
		— <i>I have</i> read <i>he has</i>
		— <i>my</i> read <i>his</i>
	24	— <i>I read be</i>
6		in the note * for <i>irresistibiles</i> , though printed as the original read perhaps <i>inevitabiles</i>
9	7	for <i>in</i> read <i>it</i>
14	4	of the note for <i>phther</i> read <i>plethora</i>
15		note    line 3 for <i>inaugurales</i> read <i>inauguralis</i>
22		† for <i>Angliæ</i> read <i>Angliae</i>
26	5	for <i>renascentia</i> read <i>renascentia</i>
	8	— <i>daudorum</i> read <i>dandorum</i>
27	2	— <i>gluicive</i> read <i>genuine</i>
	18	— <i>capellary</i> read <i>capillary</i>
29	2	— <i>irimary</i> read <i>urinary</i>
	17	— <i>peridoratory</i> read <i>persperatory</i>
	29	after <i>consumption</i> , insert <i>we do not mean</i>
30	7	for <i>irribility</i> read <i>irritability</i>
	22	— <i>espicially</i> read <i>especially</i>
		note for <i>protenus</i> read <i>protinus</i>
		— <i>occurere</i> read <i>occurrere</i>
		— <i>necessorium</i> read <i>necessarium</i>
31	1	— <i>Merton</i> read <i>Morton</i>
		note — <i>caetesi</i> read <i>caeteri</i>
33	16	<i>deatbesis</i> read <i>diatbesis</i>
37	1	for <i>reck</i> read <i>reck</i>



Page	Line	
39	16	after <i>substances</i> insert <i>which</i> — <i>furs</i> insert <i>when</i> , and delete <i>it</i>
40	4	for <i>swarm</i> read <i>warm</i>
	24	— <i>pullumonic</i> read <i>pulmonic</i>
41	9	insert † after <i>Gravedo</i> and * after <i>brows</i> in the note † for <i>caetaerrbous</i> read <i>catarrbous</i>
43		— † line 6 for <i>interalaneas</i> read <i>inter laneas</i> — <i>texturs</i> read <i>textura</i> — <i>opiame</i> read <i>optima</i>
47		in the note † line 8 — <i>citiis</i> read <i>citubus</i>
51	1	for <i>it is</i> read <i>its</i> in the note † line 7 for <i>restore</i> read <i>restores</i>
52	4	for <i>thermometor</i> read <i>thermometer</i>
54	1	— <i>infractions</i> read <i>infarctions</i>
56		in the note † line 8 after <i>vessels</i> insert a period, and for <i>tbe</i> read <i>The</i> 10 for <i>figuis</i> read <i>signis</i>
58	8	for <i>procatorotic</i> read <i>procatartic</i> in the note * line 2 for <i>experientia</i> read <i>experientia</i> — <i>observari</i> read <i>observavi</i>
60	18	for * insert § in the note † for <i>deffertatio</i> read <i>dissertatio</i>
65		line 4 — <i>intempestava</i> read <i>intempestiva</i> — <i>lougae</i> read <i>longa</i> ‡ line 5 — <i>Tabedorum</i> read <i>Tabidorum</i>
66		in the note * — 2 — <i>ablerunt</i> read <i>abierunt</i>
73	9	for <i>incrcafe</i> read <i>increase</i>
76	5	— <i>Nester</i> read <i>Nestor</i>
79	20	— <i>nuctuous</i> read <i>unctuous</i>
	21	— <i>lubicating</i> read <i>lubricating</i>
80	5	— * insert † and make the reference to the note similarly

# PHTHYSIOLOGIA

A

P O E M

MISCELLANEOUSLY - DESCRIPTIVE AND DIDACTICAL;

IN FOUR

PARTS.

---

QUIS POTIS EST DIGNUM POLLENTI PECTORE CARMEN  
CONDERE, PRO RERUM MAJESTATE, HISQUE REPRRTIS?

LUCRET L. 5. 1.

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PART I.

PHYSIOLOGIA



## GENERAL ANALYSIS

### OF THE FIRST PART.

---

*Introduction—the Reader requested to prepare his mind for a subject of a serious nature—A wish to please.—Address to Candour.—Requital for kindness and charitable correction desired.—Satisfaction accruing to the mind in having done what has given pleasure to others.—Thankful sense of a benefit experienced from lenity. Address to the amicable.—Abuse of the term, Friend.—Expectations not always realized.—Sentiments experienced from the attachment to, and cultivation of Poetry. Deprecation of the sufferings of some of its votaries.—Fate of Chatterton regretted.—Genius, misery attendant. Address, consequences effected on the mind, under the influence of disappointment, instances in the fate and sufferings of some distinguished characters.—Phthisis, the subject of the Poem, mentioned.—Attentions given to the character from infancy to more advanced age; personal description.—Hope, it's frailty, and reasons.—Characteristic pourtrait of a phthisical temperament of body and mind.—Other conditions described, and their dissimilitude.*

*Others,*

—Others, and some causes alluded to.—Distortion of the thorax, and some symptoms attendant on such a preternatural state.—Regret descriptively painted for such as are in this isle the martyrs of Phthisis, it's frailty compared.—Request to the sympathetic.—Elegiac reflections in remembrance of a sister.—Conclusion of this part of the Poem, such as are the objects of Phthisis.



# PHTHISIOLOGIA.

## PART I.

---

LET now thy mind, with pensive sense be fraught,  
Estrang'd to giddy mirth's fantastic thought,  
Who e'er thou art!—That wilt attention spare,  
To listen to the voice of sober care.  
Expect no sentiment to quell a pain,  
Or jocund touch of laughter-moving strain.  
No off'rings of festivity I bring,  
The language of Melpomene I sing,

For



For joyless words from utterance descend,  
 When mortal mis'ries on the heart attend ;  
 And piti'd frailties, mingled with life's fate,  
 Such as the muse seeks to delineate.

O! whilst I write with animated will,  
 May I this prompter's active hope fulfil !  
 May others kindly it's exertions greet !  
 And may my lines their approbation meet !  
 Candour befriend me ; as my wants request,  
 Come with thy smiles, and sooth my fears to rest !  
 Thy favours please—and brighten ev'ry day,  
 And shed afar, true satisfaction's ray ;  
 May happiness that bosom long requite,  
 Who to another ministers delight !  
 Grant, heaven, his soul may never fail to know  
 The sweets which he to others shall bestow !  
 Who error, may with good intent detect,  
 And shall with charity, it's acts correct !

Oft' have I truly felt the deed repaid,  
 Where my poor labours gave a needed aid ;  
 Or if the effort consolation lent,  
 My bosom cheer'd, has felt thy joys—Content ;

Or

Or where my heart a foible has revealed,  
 Which amity's soft mantle has conceal'd,  
 And to oblivion has offence consign'd  
 Unwitted act; of the most cautious mind,  
 Grateful I've plac'd it in memorial care,  
 With sense infix'd—which death shall but impair.

Come ye; who can such mental kindness give;  
 Enroll'd in friendship's list—come with me live.  
 A Friend!—kind name! to ev'ry good alli'd,  
 Yet by the world, alas! how misappli'd!  
 Compact admir'd! that mankind implore  
 And oft' as fancied certainty adore.  
 But ask the image for expected aid,  
 And see how fast it's painted beauties fade.  
 Deaf then to all thy craving of supplies  
 It's frigid temper ev'ry help denies.  
 A shadow! that approaches seeming grasp,  
 Then fleeting flies and quits the wished clasp.  
 From earth, a substance much I fear far fled  
 A barren relic—but in name—now dead.  
 Yet shou'd I venture where to seek it's rest,  
 Some hope wou'd, Clara, lead me to thy breast.

Oft'

Oft' have I thrown in humbled thought away  
 The lyre that so much pleas'd in early day.  
 Whose magic nature oft' the heart has warm'd,  
 And hours of youth with pleasing transport charm'd.  
 When vagrant fancy's flow'ry charms beguil'd  
 The sentiment, through fiction's regions wild.  
 Still, wou'd I, list'ning to the muse's lore,  
 Court her coy arts, and envi'd smiles adore.  
 Then rous'd—go foolish hope—my fear has cri'd  
 Success—nor honour—here thy steps betide.  
 Forfake thy suit—but still fresh wishes came,  
 Which touch'd the bosom with strong fervor's claim.  
 All their bewitching influence I prov'd,  
 And more the muse's haunts and warblings lov'd.  
 O what so dear —so fair to me as thee !  
 Applauded sweet of verse and harmony !  
 For thee what pleasures wou'd I not resign !  
 To cultivate the hope of gaining thine.  
 Far be those griefs that once on him\* were shed,  
 When hope forsook his anxious phrenzi'd head.  
 When dark despair true virtue overcame,  
 And caus'd the deed which quench'd the vital flame.

\* Chatterton.



Let Britain blush that truth the tale can tell,  
That he unfriended and scarce known, so fell.

Be the due meed to genius ever given,  
Genius, the brightest boon of heaven ;  
Bright vainly art thou ! if thy fire consume  
That bud of peace that with thy life should bloom ;  
If mix'd with sorrow all thy gifts are made  
The prey of penury's obscuring shade.  
Where hopelessness pours forth th' impressing line,  
And builds an altar at despair's dark shrine.  
Frail reason there a sacrifice is brought,  
Whilst harrass'd thought to strongest sense is wrought.

O thou exalted flame of strength refin'd !  
Thou subtle spirit of the active mind !  
That bearest fancy far on wings sublime,  
O'er skimme'st worlds and boundaries of time.  
Celestial largess ! giv'n to the soul,  
Too nobly born to bear this world's controul.  
Though doom'd alas ! by fortune oft' to prove  
The pangs of want, or of despondent love.  
Pangs made more keen—impell'd with deepest woe,  
On minds that most thy greatest favours know.

Witness

Witness a Petrarch's long and ardent flame ;  
 Constant his heart—and fair its worth and fame :  
 Yet ah ! his truth immortally renown'd,  
 No blissful compact in this orbit crown'd.  
 Cervantes—son of superstitious Spain,  
 With courage, sense, and satire in his train,  
 No friend, no lib'ral patron strove to save  
 From want, from prison, or the silent grave.  
 Say too, how heart affecting Otway fell,  
 Amidst the ills which blameful pages tell.  
 Thus hapless bards, whom fickle fortune scorns,  
 Apollo's hand with lavish'd gifts adorns.

PHTHISIS, my theme, thou slow destructive force !  
 That canst so oft' health's property divorce.  
 Heëtic—Consumption—or what name avow'd,  
 The world thy deathly power has allow'd.  
 That blatest fertile youth's expanding bloom,  
 And bring'st it prostrate to it's finite doom.  
 'Gainst whom so little human art avails,  
 When thy dire grasp the system frail affails,  
 'Tis thee, within the mental eye I see,  
 'Thou murd'rous cat'rer, for our destiny !

Clad

Clad in that form, and cause unnotic'd yet,  
 Such as thy baleful being may beget.  
 To speak of thee, I venture this essay,  
 And diffidently dare the frame pourtray !  
 Which sway'd by thee drifts on to wayward fate,  
 And what thou wast and art wou'd personate.

Bless'd with those cares which tendernefs demands,  
 Since first thy life breath'd on Lucina's hands.  
 Thy form the charms of blooming Hebe bless'd,  
 And beauty's animated gifts possess'd.  
 By safety nurs'd, pass'd o'er infantile fears  
 To the bright acmé of thy youthful years.  
 Lovely in elegance of mildest air,  
 And blandishments—in graceful structure—fair.  
 Translucid tints throughout thy frame prevail  
 Effeminate—and in descent form'd frail.  
 Of virgin sex—for this I wou'd now deem  
 Th' approved object of my destin'd theme.  
 Hope—through thy life opinion wou'd allure,  
 That ample fruit the blossom wou'd ensure.  
 That time thy being wou'd improv'd protect,  
 And thus o'ercome the fear'd innate defect.

C

But



But to graft vigour vainly we essay  
 On that faint stem whose tendence is decay.  
 Whose feeble health no energy pervades,  
 But vacant power each attempt degrades.  
 On that weak base which due support denies,  
 Who seeks to raise a dome to reach the skies!

The candid aspect never feign'd to hide  
 The minute vessels of the sanguine tide ;  
 Adorns with dulcet hue the expressive face,  
 Whose albid cheeks are bloom'd with crimson'd space;  
 As if the pallid rose a carmin'd tinge  
 Should the young flower's tenderness impinge.  
 Loose flow'd the hair in lengthen'd figure trac'd,  
 With ease and freedom in it's wavings grac'd.  
 Sweetly it deck'd the form it wanton'd nigh,  
 In mildest col'ring of the flaxen die.  
 Love seem'd delighted there to spread a snare,  
 And aid th' attractions lavish'd on his care.  
 The rubid lip on pearly teeth impos'd,  
 The smiles of placid innocence disclos'd.  
 Whilst from the eyes enamell'd tunic teem'd,  
 O'er every look—benevolence forth beam'd ;

Whose

Whose sprightly pleasantry delight ensur'd,  
 And admiration to their charms allur'd.  
 Graces with winning chearfulness combin'd,  
 And fadeless honours of good temper's mind!  
 Of easy manners chasten'd by good sense,  
 And gen'rous spirit of beneficence.  
 On virtue and it's happy rules intent,  
 Nor like the body to mutation bent.  
 Whose fickle health, adversely on this sphere,  
 Now unsuspected, tends to brief career.  
 If wary prudence, with sagacious deed,  
 To preservation's laws urge not nice heed,  
 To court Hygeia, and her blithsome train,  
 And shun ensuing cause of morbid pain.

With such munificence as now is nam'd,  
 Some may be not so liberally fram'd.  
 For nature's will may diff'rent states bestow,  
 And sparingly, her bounties more, allow.  
 As flow'rs ill suited to the planted soil,  
 Unfitly made for life's important toil.  
 Unlike the sons of labour, whose strong form  
 Endures in vigor ev'ry vital storm ;

Unlike

Unlike the image fancy contemplates,  
 Or poet's language aptly imitates;  
 Pond'ring on beauties faultlessly array'd,  
 And to the heart in richest thought display'd,  
 Unlike the symmetry that art combines,  
 Which in the school of sculpture's knowledge shines;  
 Or in the nice touch'd traits admired live,  
 That imitation's fertile pow'rs can give.

A feeble offspring of degen'rate blood,  
 As if created in a careless mood.  
 Hereditary lapse—devoid of fire,  
 Such as can strength and energy inspire.  
 Or else the child of inattention's nurse,  
 Alas! the parents' and the infants' curse,  
 Which injury, and multiplied ills  
 In vari'd ways upon the health instils.  
 Rich in the spoil of ev'ry heedless deed,  
 And vacant of each aid requir'd by need.  
 Whence modes are gain'd, and potent mischiefs rise,  
 And forms, that all corrective art defies.  
 A shape specific, pregnant with each woe,  
 To health and life's endurance constant foe.

Or



Or cause allotted, diverse as unknown,  
 Upon the crecive age with harm may frown.  
 Where no condition can the wishes trace,  
 Such as adorns a more invig'rate race.

Within the close, distorted, bony mold,  
 The vital organs scarce their use unfold.  
 The lab'ring fides incessant toil for food,  
 T' imbibe satiety of ærial food.  
 Whilst respiration wheezing in each deed,  
 Doleful pursues half stifled painful speed.  
 From the short breaths' quick heaved narrow bounds,  
 Scarcely the raucofe hollow voice refounds.  
 Whilst feeble utterance with struggles lives,  
 And to the urging cough new motives gives:  
 Whose constant teazings of disquietude,  
 With force exigent on the chest intrude.  
 Ceaselessly troubl'd by each passing gale,  
 That wakes the sense, or can the lungs assail.

Pity—that such, on whom perfection's smile  
 The blooming beauties of the British isle!  
 Whose votive nymph's Tritonia has deck'd,  
 And where the sister'd trine their throne erect.

Where

Where Dionea joyfully allows  
 Her gifts, and favours placidly bestows.  
 Such as the Poet's fruitful fancy knew,  
 When bright Alcina's \* lovely form he drew.  
 Fair as man's thought of angels cou'd invent,  
 Or heaven in human model represent.  
 Replete with all that friendship wou'd approve  
 To wake the much admiring heart to love.  
 My luckless knowledge, such alas! can mourn,  
 And wakeful mem'ry view in thought forlorn.  
 For such that record now the lay dictates,  
 And lenient compassion consecrates,  
 To tell some cause, paint the fell disease  
 That stings the sweets of many a parent's ease.  
 That lovers in viduity prostrates,  
 And many friends dooms long to sorrow's fates.  
 Countless the numbers, Clemency may say,  
 That speed to Pluto thus their early day.  
 Lethal as evils on this world wide spread,  
 That call their millions to the silent dead.  
 Or stand alli'd with war's, or febrile ill,  
 To bid the Parcæ their design fulfill.  
 Mischiefs, by whate'er nam'd, that cause our race  
 To quit the tenure of this life's embrace.

Whilst

\* See Orlando Furioso.

Whilst such bewail'd, engage our trifling pains,  
That bid affection tell it's mournful strains.  
Of those unnam'd, to whom our heeds belong,  
Whose merits claim the eulogy of song.  
Ye sympathetic, who the heart indulge,  
Will ye forgive what ardour may divulge !  
If this attempt—I ask ye to approve !  
That wreathes a sister's urn with lines of love.





## REFLECTIONS

IN REMEMBRANCE OF A SISTER.

---

PACE flow ye footsteps to the vocal lyre,  
As treading on the torpid grave's domain,  
And harmonizing with the heart's desire,  
Awak'd accordant, be the melting strain.

Notes fit responsive to my list'ning ear,  
Are languent, soft, alike my pensive mind,  
Whilst hours and skies that others fill with fear,  
Please—they, for me—and sadness were design'd.

Amidst

Amidst the silent dead I love to muse,  
 When starry night with unbroke silence reigns,  
 When ev'ry leaf a motion does refuse,  
 And not a breeze to venture forth then deigns.

I think of those who sleep beneath my feet,  
 Who left their sighs to worldlings and to me;  
 Some whom I've known—with thought of past I greet,  
 And think on what our joys were wont to be.

Dead now to me—dead many friends I love,  
 Can thought meet your's—and intercourse maintain!  
 To your abode it flies—though here I rove,  
 Exalted spirits! hear me hence complain.

I'll hie me to the earth where Anna lies,  
 And there a tearful sacrifice create,  
 There on it's sod I'll breathe a brother's sigh,  
 And think on virtue whilst I her's relate.

Ye youthful fair—ye calm'd thought vestal train,  
 Whose forms attuned feeling dignifies!  
 Bring here each type of sympathetic pain,  
 To deck her shrine—who here unsculptur'd lies.

D

She

She whom in life each youth with praise wou'd sing,  
 Here too shou'd have in death true virtue's fame,  
 Here gentle minds your dulcet tributes bring,  
 And blefs her mem'ry with a deathless name.

Gives heav'n a sister with a heart like thine,  
 Dear Anna—lovely—in all good array'd !  
 A heart, the seat of innocence divine,  
 'Tis just to laud when such in death shall fade.

Thou meek ey'd daughter of benevolence !  
 Whom heav'n in youth call'd to it's pure domains ;  
 To thee I owe truth's dutiful incense,  
 Whilst reminiscence pow'r to praise retains.

How shall my heart—thy true regard repay,  
 Ardent affection wou'd my bosom tell,  
 How much admired—zeal's attempt wou'd say,  
 Whose strong-fraught sentiments—vain words repel.

Yet, let me add—by all thy friends appli'd,  
 Was amity's esteem for thee combin'd ;  
 Nature to thee—no ornaments deni'd,  
 To charm the eye, or captivate the mind.

Like



Like as a beaut'ous flow'r of tender race,  
 Nurs'd by the kindly fosterage of care;  
 Whose cautious guard'an ventures forth to place  
 The tempting beams of vernal sun to share.

Clouds suddenly o'erwhelm the flatt'ring skies,  
 A gelid storm, th' exposed plant affails,  
 That all the help of serving haste defies,  
 To save his hopes from the swift blighting gales.

The driv'n hail, the blossom'd charms destroys,  
 And all the nascent sweets of health despoils;  
 It droops beneath the shock that thus annoys,  
 Dies unredeemed by all future toils.

So 'twas with thee to noxious ill expos'd  
 Beneath the smiles of youth's brief destiny;  
 Thy bloom the sick'ning hectic fate soon clos'd,  
 And pale disease obscur'd thy lustr'd eye.

Oh may reflection—thus to thee ascend,  
 That speaks a farewell to thy merit due;  
 Such shall thy happy manes not offend,  
 They shall the pious theme approved view.

Thy fall we mourn not, Anna, as alone  
Thine not, or multitude's the fate atone.  
Dread Phthisis! thy desires are undeni'd,  
Nor are thy boundless claims yet fatisfi'd.  
Nor young, nor fair, impede thy vast demand,  
Or stay the strength of thy relentless hand.  
Such most thy mark are, of unerring aim  
On Albion, where spreads thy morbid fame.

# GENERAL ANALYSIS

OF PART THE

SECOND.

---

*Address to science, unsuccessfulness of the attempts of theory and experience, in the attainment of that knowledge, which is desired for the cure of Phthisis—Question, When the human mind shall become more perfect, and unembarrassed by its present defects and infirmities, existing here with primæval excellence, various effects, which may priorly take place.—Address to the Deity.—Little of certainty to be communicated of the success of art and prophylaxis in preventing or contracting the fatality of Phthisis, allusions to the various sources whence medicaments have been derived and used.—Dogmatical and empirical practice yet equally unsuccessful.—Acknowledgment of defects candidly made, howsoever some may otherwise boast of their skill and power over that peculiarity of state, which evades the controul of medical aid—their fallibility and want of success exposed—hence the futility of rehearsing their measures.*



*tures.—Caution to the credulous.—Confession that the cure is not infallibly known—study and hope still labour in the pursuit of that desirable event.—Praise, and rewards, due to him who may be so fortunate as to find the means of cure for Phthisis.—Address to Gratitude—its characteristic, and pleasing attributes.—The extended sway of Gratitude—desire to possess it—recommendation of it as a duty and debt to the Deity—regret for man's neglect—comparison.—Praise of him who cultivates this noble passion—advantages.—Tendent capacity of the ungrateful for other vicious impressions—a question and desire.—Motive for gratitude to heaven metaphorically mentioned.—The subject of Phthisis resumed.—Few, and what kind of rules are meant to be dictated.—Address to the Phthisically disposed, relative to the climate of Great Britain—and advice consequent.—Danger of wintering in this Island—early use of change of climate, and sea voyages commended.—What may be of use to those who are necessitated to continue in Britain.—Further recommendations.—For such, the enumeration of situations here as best adapted to their needs avoided for want of sufficient experience; and the doubts which late opinions, derived from the knowledge of the atmosphere, have brought concerning*

*ing the advantages of those places which formerly were commended to the Phthisical.—Allusion to the aid which Pneumatic medicine promises—the apparent worthiness of its doctrines attracts commendation—hence the rectitude of applying for its aid, promoted.—A tuberculous state of the lungs, advised to seek early medical assistance, if possible.—Caution to such to avoid exposure to those afflicted with pulmonary consumption—under the idea of there being some truth in its being an occasional cause of the disease in the predisposed.—Advice to attend to primary symptoms.—Further indicative symptoms mentioned.—Hints to those disposed to Hoemoptysis.*



## PTHYSIOLOGIA.

### PART II.

---

O SCIENCE! fecund source of pow'r and wealth!  
And kind preceptor of the rules of health!  
Disrob'd, arise from thy reposing bed;  
Unveil thy light, and be its rays far spread!  
What spell restrictive binds thy friendly will,  
And, uncontrouled, leaves the Phthific ill?  
To sing thy deeds and frequent overthrow,  
Would swell the triumph of the mighty foe.  
To say, where vacant of thy ask'd success,  
Thy hopes have fail'd to grant health's happiness.

I from



I from that effort cease—that would narrate  
 Thy hapless struggles with the potent fate.  
 What theory's wild vagaries have taught,  
 And what thy sons, alas ! have vainly fought,  
 What arm has try'd to shield the hostile force,  
 What guard essay'd to stem its avid course ?  
 Or how experience ventures to contend  
 For that event to which its wishes tend ?  
 Alas ! how few such well-meant efforts save !  
 The victor's wreath is destin'd for the grave.

When shall the sun of truth, and wisdom's day,  
 Chace error and despairing doubt away ?  
 When give to man a more unbounded fight,  
 And deck his mind with heav'n's indulgent light ?  
 When shall the short-liv'd throbbing heart resign  
 All those defects, which now, O man ! are thine ?  
 When shed contentment's calmness on thy brow,  
 And bid the thornless rose of Eden grow ?  
 When not a tear shall dim the lucid eye,  
 Nor aught impede extensive charity :  
 Nor vicious purpose e'er disturb the breast,  
 But peace preside, with smiles, as virtue's guest ?

E

Many

Many a storm shall urge the changing skies,  
 Ere that elysian goodly morn shall rise.  
 Many a pain shall bid its sorrows flow,  
 Many a bosom mortal suff'rings know.  
 Many a disappointment far shall spread  
 Its sad dominion o'er the earnest head.  
 Many a poison, on the barbed dart,  
 Shall wing its way, and pierce the vital heart.  
 Many a form, from tyrant laws shall fly,  
 Many oppress'd, beneath those laws, shall die.  
 Many shall fall beneath the hand of time,  
 And many sink the victims of foul crime.  
 Many a child of innocence afar  
 Shall moan its lot—the sacrifice of war.  
 Many a parent, with a mind forlorn,  
 Shall weep its child, beneath affliction born.  
 Many a lover, shall in sorrow prove  
 The wayward fortune of his flighted love.  
 Many a friend a grateful deed shall want,  
 And o'er his injuries with tears decant.  
 Many a soul of worth shall live forgot,  
 And ign'rance usurp his rightful lot.  
 Many a mind shall mourn for flighted health,  
 And poverty bemoan the loss of wealth.

These,

These, these, and thousands more, shall men deplore,  
Till perfect bliss dwells constant on our shore.

But thou! who from the high æther'al blaze!  
Where countless seraphs, found thy endless praise!  
Unchang'd shall be—and still shalt pow'r retain,  
To soothe man's sorrows in this world's domain!  
Oh! if a pray'r can influence thy will!  
Thy blessings, on my lov'd—and friends instil!  
Oh view with mercy ev'ry finite woe!  
And shield the good, from ev'ry mundane foe!  
Direct man's heart, and cause his wish to be,  
The greatest pleasure—that of serving thee!  
May all his hopes, and wants, to thee—aspire!  
Nor earthly love, or joys, sway his desire!  
That when his mortal brief career is o'er,  
When human sorrows wound his sense no more;  
The fickle wav'rings of life's time safe past  
His home may be in peace, with thee at last.

Cou'd I, in speaking what ATTEMPT has done  
Say, when the blissful Goddess has been won;  
Or if I cou'd with certainty impart,  
Some cheering rules of prophylactic art:



Sure as that rock, on which fact firmly lays,  
 Where knowledge ought to fix its solid base,  
 Delight shou'd raise on soaring wings its voice,  
 And in the praise of verity rejoice.  
 But still in doubt is admonition plac'd,  
 Small are the limits by cognition trac'd.  
 Though man with prying, and enquiring lore,  
 Has ransack'd nature's vast and wondrous store.  
 Of products diverse, that combine in earth,  
 To which the mine's recesses deep give birth.  
 Or are within the fountain's wave dissolv'd,  
 Or in the vegetable's form involv'd.  
 Or those appropriate, by judgment us'd,  
 From animal condition fitly chus'd.  
 Powers that chemic acts appreciate,  
 Or that in gas'ous fluid circulate.  
 All in contention with the morbid cause,  
 Have each receiv'd their tribute of applause.  
 Whate'er dogmatic' principles have rais'd,  
 Or vain empiric' ostentation prais'd ;  
 All that illusive prejudice could teach,  
 As diff'rent systems diff'rent precepts preach.  
 What to the frail, or too believing heart,  
 Cou'd cunning, or ambition's boasts impart.

But

But 'tis what candour's claims bid me instill,  
 The little effects of Pæonians skill.  
 Though some their vaunted quackery dispense,  
 To thwart the innate potent influence.  
 That mortal mischief's deeply latent sway,  
 Indefinite—that speeds it's haughty way,  
 And with the tendent system seems to live,  
 And it's possessor to it's willings give;  
 That Æsculapian regimen disdains,  
 And uncontroul'd o'er art and science reigns.  
 Such now I found not with specific name,  
 Their frauds shou'd die like as their groundless fame,  
 Who vow a remedy secure they grasp,  
 And yet the evil flits—the healing clasp.  
 The malady exempt from it's arrest,  
 Bold in defiance, walks on unsuppress'd.  
 Or Proteus' like—their vigilance eludes,  
 And still it's dangers on the frame intrudes.  
 Their modes do not anxiety erase,  
 Their promises expectancy debase.  
 Lift'ning attention little would it cheer,  
 The pompous measures of their rules to hear.  
 Poor the reward that wou'd the hope repay,  
 Or wou'd requite the atchieving thoughts essay.

Let

Let such advent'urers who their Ægis wield  
 You, from the enemy attempt to shield,  
 If credulous, you yield to such desire,  
 As ign'rance, and imposture wou'd inspire.  
 Let them in prowess feeble try, their arm  
 To skreen the danger of a just alarm.  
 Bring you—their medic' potions much carefs'd,  
 And prove their power in the strong contest.  
 For such—I of a victor's wreath bereft,  
 The tales of many prosp'rous cures have left.  
 But much I fear the fallacy you trust,  
 Will sink deceptive to the humble dust.  
 An abject conquest in the proud defeat,  
 Of that—whence conquer'd multitudes retreat.  
 “ The monster follows, and it's force impels,  
 “ Whose strength—the strength of mortal man excels.

For not to human knowledge yet bestow'd,  
 Has heav'n that precious certainty allow'd.  
 When art and science, shall that gift receive,  
 Which shall our dread from Phthisic force relieve.  
 The mind of study labours in that train,  
 With many wishes waits the blissful gain:

Led



Led on by hope—sweet tempter to those deeds,  
 By which industry in its aims succeeds.  
 Thou solace of our efforts! yet conceal'd,  
 Arise and be thy mysteries reveal'd!  
 Sweet refuge come!—and dissipate our fears,  
 And give to worth and beauty, lengthen'd years!

He who shall dissipate by certain deed,  
 The strength of doubt—be his the endless need!  
 Of admiration—praises that unfade!  
 In thankful rapture by mankind repaid.  
 Whom parents, husbands, brothers, friends shall bless,  
 And universal reverence cares.  
 Smil'd on by these—whose smiles cannot alloy,  
 That sex—whose smiles in virtue gives true joy.  
 Whose approbation as real pleasure shines,  
 And the delights of recompence combines.  
 His happy fortune hence shall millions save,  
 And close a path that leads but to the grave.  
 Who shall the tabid host of hills defy  
 And days of future happiness supply.  
 Content unfulli'd shall his life here greet,  
 And conscious good his actions ever meet.

Full

Full satisfaction gild his well earn'd fame,  
And ages speak with gratitude his name.

Dear gratitude ! e'er lov'd, whose angel smiles,  
The toils of labour by thy gifts beguiles.  
Thou gen'rous passion of the noble mind !  
The soul's confession of each impulse kind !  
Thy sacred fire shall enmity consume,  
And the fair offices of love illumine.  
Thy light heel'd footsteps on the earth rebound,  
With sprightly fancies is thy forehead crown'd.  
The laughing joys upon thy features play,  
And honest ease attends thy jocund day ;  
When hast'ning to discharge thy prompting heart,  
And all the duties that thy cares impart.  
Fatigue ne'er damps thy recompense design'd,  
Nor hardships e'er impede thy willing mind.  
Unweari'd thy benevolence fulfils,  
The dispensations which regard instils.

O gratitude ! how much on thee depends !  
Far the embrace of thy vast arm extends.  
May from me never be thy charms effac'd !  
Or be my heart with fordidness debas'd !

Thy

Thy flame let e'er my sentient bosom fill,  
 Nor selfish int'rest interrupt thy will !  
 Thou art from man to man, a constant due,  
 But more to him—our love, should thee renew ;  
 Whose lasting bounty ev'ry blessing gives,  
 And all the wants of finite need relieves.  
 Omnipotence !—who can each act controul,  
 Requires th' avowals grateful of the soul ;  
 Shall man, of all creation's work, dispense  
 Thy boon the least, or shrink from thy defence ?  
 Thee shunning—in dull apathy repose,  
 Thy excellence—forgotten—not disclose ?  
 Regardless of those lessons from above,  
 Which fellowship and social mode approve.  
 Yes—often him—a mean indiff'rence guides,  
 And thanklessness o'er his base heart presides.  
 Too often so—and what can more debase  
 The vaunted excellence of human race ?  
 Less so—than savage forms, whose gentle heed  
 Reveres the hand whose bounty shall him feed ;  
 Less faithful than the dog, whose love ne'er swerves  
 From him, whose due supplies his life preserves.

They who thy proper energy possess  
 A train of other virtues shall carefs,

F

Shall



Shall know what honour—honesty import,  
 And what the laws of justice most support.  
 Friendship for him, shall each reward essay,  
 And mild indulgence his request repay.  
 Aids copious, shall charity allow,  
 And blessings mingled with it's streams shall flow ;  
 So shall delight extensively be shed,  
 And happiness throughout the world be spread.

Each corrupt passion soon the soul deludes,  
 When on the heart ingratitude intrudes ;  
 Whose gorgon-looks each finer feeling flies,  
 And all the soft affections petrifies.  
 To ev'ry vice it ope's a ready way,  
 Where turpitude and fecund evils prey.  
 Is not the mind—which benefit receives,  
 And barren ne'er a benefaction gives,  
 When not a word the consciousness purveys,  
 Or look oblig'd—the frigid sense displays,  
 But sullenly from rectitude recedes,  
 Inimical to virtue—and it's deeds ?  
 Like him, whose malice wou'd requital shun,  
 Because they hate him—who the deed has done.

Such

Such may society with blame eject,  
Nor more their wants attentively protect.

When the mild showers of all-fav'ring Heaven,  
To the parch'd earth with gen'rous good is given,  
The fated soil alleviated seems,  
And verdant with acknowledgements it teems ;  
The drooped plants increased vigor raise,  
And in their beauties shines their Maker's praise :  
It's varied bloom each flower then renews,  
Inspiring gladness over cheered views ;  
Awaking hope, that culture of regard,  
Shall with rich fruit the fost'ring hand reward.  
For such beneficence let man employ  
His utmost laud to speak his grateful joy ;  
For ev'ry good may long his altars burn,  
And ceaseless tokens speak his heart's return.

Again, that path now claims our footsteps' care,  
Where prophylaxis fought we declare,  
No remedy specific we detail,  
No charm ador'd in superstition's veil,  
Nor legendary rules, by ancients told,  
Of sure prevention seek we to unfold.

Rest

Rest ye enshrin'd, by us no more thence led,  
Like as your makers, peaceful, midst the dead.

Devoid of such, few maxims compensate,  
Such as experience would inculcate ;  
Such as a minister with wary eye  
Observes, and dares with caution to apply ;  
Who practis'd rightly in fair nature's schools,  
Adopts with reason, just and simple rules.  
Lift, and believe, I know no other aim,  
Whose counsels, Hope can salutary name ;  
That can the lapse to tendent ill prevent ;  
For you, by well-mark'd disposition bent.

Ye whose frail frames pulmonic ills receive,  
Drooping beneath the skies of Britain live ;  
Forewarned be, what risk here intervenes,  
And is united with our fickle scenes ;  
The atmosphere's cold, hot, or dank abode,  
Now dry, serene, or in a rainy mode ;  
For ever hov'ring on mutation's wings,  
That pains and dangers to your system brings.  
Soon, if you can, fly from such perturb'd state  
Of elements, that woo you to your fate.

Inimical



Inimical to all but those who share  
 A healthful vigor that defies e'en care ;  
 Yet even vigor rests not here secure,  
 Nor safety can from danger's shafts ensure.  
 Let the wide canopy of cloudless skies  
 Witness your time in kinder safety rise !  
 Where mildness, as on gallic lawns prevails,  
 The days continued temp'rate joys entails.  
 Or live beneath Olympus' dome serene,  
 Where long reigns brightness, with th'Italian scene.  
 Or Ulyssippo's smiles may woo your mind,  
 And mark your hours to tranquil ease resign'd :  
 Or far from home, where vast Atlantic roars,  
 Happy remain ye on Madeira's shores.

Ere the disease is ripen'd in the frame,  
 Or bodes the symptoms of the Phthific fame,  
 Left be your winters on your native isle,  
 For climes whose sway to gentle sense beguile.  
 Oft' o'er the billows of th' extended main,  
 Let the fleet vessel long your course sustain.  
 Where'er advantage prompts a varied range,  
 And use and pleasure bids the will to change.

So

So spoke the precepts of the Roman sage,  
 In diction purest of th' Augustan age,  
 Bidding restraint not on the mind intrude,  
 With cares and burdens of solicitude.\*

But if by some untoward fate condemn'd  
 To linger here, amidst the sea's girth hemm'd ;  
 Let the whole frame the vestiment sustain,  
 From the warm raiment of the fleecy train.  
 By Heav'n's indulgence well bestowed here,  
 To shield the habitants of this rude sphere.  
 Thus constant summer keep o'er all your frame,  
 Nor e'er let rashness your mutation blame.  
 Ne'er let the skin's due efflux be suppress'd,  
 To injure thus the sympathizing chest.

Nor let a gay seducing solar smile,  
 Which 'luring, wantons only to beguile,  
 That transiently darts from the cloudy bounds,  
 And often but the gelid storm surrounds ;  
 Urge you, whilst with its fleeting gleam you stay,  
 Or tempt you then your caution to betray.

\* Celsus. L. III. Cap. 22.

Disrobe not then, enticed by false zeal,  
 The precious mantle of corporeal weal.  
 No change—no time—no season ever sway,  
 Shall through the year derange your custom'd way.  
 So may you by each rule which care supplies,  
 In dietetic heed, and exercise,  
 That with excess ne'er wildly deviates,  
 Nor for the frugal senses pain creates ;  
 Long hope your health serenely on may flow,  
 And many years of ease and safety know.

The vagrant mind, for ye ! who cannot roam,  
 Or leave for other lands your much lov'd home ;  
 Might here for you, its tutelage display,  
 And o'er this soil in views far stretched stray.  
 Might, as it wanders o'er your native bow'rs,  
 Of observation—cull the choicest flow'rs ;  
 To form a code your memory to greet,  
 Where safest now, to find a wish'd retreat.  
 But midst the maze of doubt I travel here,  
 Where every step impresses further fear.  
 Thy ripen'd mind,—Experience ! no guide,  
 Not o'er the thoughts, expansion, does preside.

Nor



Nor hoary oracle of Wisdom's voice,  
Or Judgment's finger point out prudent choice,

But by thy light, Philosophy ! here led,  
With some small confidence we onward tread ;  
And to thy temple introduce the fair,  
The proper object of the muse's care.  
Where thy devoted priest those laws unfolds,  
Which he who studies Nature's works beholds.  
Vers'd in those principles, which long unknown  
The volant breezes of this orbit own.  
Whose proper skill, by the hermetic art,  
Can to its use adapt each simple part.  
Whether the vital tide to animate,  
Or move its native fervor to abate.  
He teaches thus the florid to avoid  
An atmosphere with ruin strong alloy'd,  
Forbids those votaries to breath the gales,  
Where full excitement with each zephyr fails.  
Tells such to seek those haunts, where less declar'd  
That subtle sway, by mixture is impair'd :  
Where more azotic element disclos'd,  
Is with carbonic principle compos'd ;  
Which tempers thus the stimulating force,  
And moderates the crimson'd tides full course.

Chiefly

Chiefly ye, whom, that frequent ill afflicts,  
 And by its signals, danger's touch, predicts.  
 If the pulmonic structure finely trac'd,  
 Has malady tuberculous embrac'd ;  
 A cause too often 'gainst the health oppos'd,  
 And but to nice attention soon disclos'd :  
 That thwarts too often amicable aids,  
 And all the benefit of cure evades.  
 Disposing pow'r, of periculous state,  
 That drifts the body to its wayward fate.  
 Seek ye Apollo's sons, their help engage,  
 With early deed your symptoms to assuage.  
 If happily those manners may avail,  
 Which reason flatters hope—may health entail.

Learn ye ! whom causes such initiate,  
 To know your hazard—and avoid your fate.  
 Let not confinement with depressing pain,  
 You—pris'ner through the ling'ring hours detain.  
 To breathe the ill, that morbid frame retails,  
 Whose health beneath the Phthific lungs quick fails.  
 Not as a foe to charity's kind hands,  
 Or to the cares which tenderness demands,

G

Would

Would I that watchful kindred boon impede ;  
 Which nurtures sickness with each willing heed.  
 But ah ! a wily something surely preys  
 Upon that health which caution disobeys ;  
 Who long exposed in those domes but live ;  
 And but a noisome tainted air receive,  
 Where constant reigns each sway which can depress,  
 And lead you to debility's distress.  
 Each evidence of risk, apprized shun,  
 And stem the deed e'er yet it is begun.  
 Fear—when a cough attacks—take just alarm !  
 Though scarcely boding to your thought a harm.  
 Should it oppose your breathings to the skies,  
 When with the morn your due oraisons arise ;  
 Though yet no other symptoms have oppress'd,  
 Or seem the wonted vigour to arrest.  
 Those may by time's advancement be increas'd,  
 And weave those bonds which cannot be releas'd.  
 Should crecive agitations—hence enlarge,  
 And from the lungs the spumous flux discharge.  
 If this—and more—with steady pace succeed,  
 And injur'd respiration more impede :  
 If in those acts, which others freely trace,  
 Your willing footsteps dare not speed embrace.

Let



Let not your minds incredulous neglect  
 That prophylaxis, which may health protect.  
 For on a precipice your good impends,  
 And frail the guard is that your life defends.

If with your days—debility and pain,  
 A cough—with shorten'd respiration's bane,  
 Grow, and its darts still meet you in each track,  
 To speed your ruin—by its sure attack ;  
 Forsake the road now—where your paces lead :  
 Nor dare continue with such risks to tread.  
 Or soon will 'greater mischiefs be impos'd,  
 And all their tendent principles disclos'd.  
 If the chest speaks gravidity of sense,  
 And unbemoan'd, cannot distress dispense:  
 If all its acts, constricted feeling share,  
 Support impoverish'd—of respir'd fare.  
 Then may you dread—what time may soon fulfil,  
 The dire effects of uncontrouled ill,

Whilst some in health—stretch'd on the nightly bed  
 In easy frame to sleepful realms are fled ;  
 No inward pang the leaden god defies :  
 In whate'er form the inclination tries.

You,

You, vainly, may attempt th'incumb'd fide,  
 That stirs a cough—arraigns the breathing tide :  
 Forbidding liberty's diffuse desire,  
 That would in ease the streams of life inspire.

With these continu'd—if the febrile sway  
 Closes the labours of the parted day.  
 If unopposed in their morbid bent,  
 Such potent symptoms spread their wild extent ;  
 Soon will the looks—the breath—the pulse declare  
 What evils now the frame is doom'd to share.  
 Whisp'ring around th' approaching hectic cause,  
 Quick on the corpse with crecive power draws.

Affume—ye, whom th' hoemoptic system wield,  
 Whate'er your frail predicament can wield :  
 Who to the Phthific lineage a-kin,  
 Derive a frail—and heired origin.  
 Ye, whose denoting form—and signal face,\*  
 Import th' expression of a feeble race :

\* See page. Part I.

Ad tabem properat, Phthisico de stemmate natus :  
 Cui sæpe ad pectus, phlegmata salsa cadunt,

Let

Let prudent thought, and caution's care avoid  
 Each risk, by which your health may be destroy'd.  
 Let nought debility's effects proclaim,  
 Or local stimulus derange the frame.  
 Chiefly, ne'er suffer motives to oppress,  
 Which e'er may add to your dispos'd distress :  
 Let nought arouse the blood's or nervous force,  
 Or lead your strength beyond a placid course.  
 Let no fierce passion e'er the mind incite,  
 Nor e'er indulge in anger's potent might.  
 Let temperance o'er all your ways preside,  
 Nor any outrage let your actions guide.  
 So may you learn to find that happy mean,  
 Which bids no evil on your joys advene.  
 But if excess e'er leads your ardent will,  
 Expect disease your pleasures soon may kill.

Qui faciem hebraei, maciemque figurat avari :

Cui vox Augusto pectore rauca sonat.

Qui gerit oblongum, velut alta ciconia collum :

Cui, velut ala aquilæ, prominet os scapulæ,

Nescis, cur Phthisico natura annexerit alas ?

Debet ad ignotas, nox volitare plagas.

L. III. S. III.

*Nova et vetus Aphorismorum Hippocrates Interpretatio  
a Joanne Franc. Leone ab Erlsfeldt.*

The



The sober rules of wisdom ne'er despise,  
Nor only let experience make you wise.  
Experience, sage tutor of the thought!  
Though oft, alas! by youth too dearly bought,  
In youth be cautious—and you may fulfil  
Those deeds—to gain which—I these rules instil,

## GENERAL ANALYSIS

OF PART THE

THIRD.

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*The stealthy attack of Phthisis—the little alarm it gives to the mind of the afflicted—though affecting vital organs—yet they are not very susceptible of pain—hence the little suffering of the consumptive, comparatively with that of others attacked in other parts, by disease, not of so fatal a tendency—its danger to the body is greater than its dolent impression on the mind—its tardy progress opposed to other cases rapidly destructive of mortality.—Depressing passions of the mind hurtful to those Phthisically disposed.—The felicity of hopeful Love, contrasted with disappointment and despair.—The attempts to obtain consolation ineffectual—simile from nature—grateful powers of requited affection.—The endeavours of blame and opposition often misapplied, in attempting to counteract the impressions of the passion.—Its arbitrary sway.—An amiable and suffering character delineated.—Her state claims sympathy.—Interlocution to a tear.—Hope, a conductor*

*ductor frustrated in its confidence.—Mutation of pleasures  
 formerly experienced.—Products of unfaithfulness.—  
 Defalcation of the heart—due penal consequences.—Con-  
 scientious affliction.—Misfortune of an affectionate mind,  
 to experience the decayed attachment of the object of its  
 regard.—Supplication for divine auxilience and inter-  
 ference.—Figurative contemplation of expectation.—  
 Powers of Love under delusive hope.—Different views  
 of Disappointment—that of frustrating pleasurable wishes  
 and dreaded evils—it often gives the real knowledge of  
 things, and brings conviction to the obscured and deluded  
 mind.—Continuance of the effects of the disappointed  
 passion on the body and mind.—Consolation administered  
 to a character.—Distress of mind from the sympathy of  
 this and the body, destructive of health and effecting  
 decay.—An instance of this alluded to, and a request to  
 sacrifice to the manes of female friendship.—A descrip-  
 tive Elegy.*





## PHTHISIOLOGIA.

### PART III.

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WITH wily mode that lulls suspicion's voice,  
Enchain'd thou lead'st—unwary oft thy choice.  
Like the trine monsters of Tyrrhenas' main,  
Which to destruction lure with guileful strain.  
For ye ! by Phthisis once attack'd, sojourn  
Not painfully—though slow, ye seek death's bourn:  
Though warn'd, ye live—unfearfully ye fall,  
Whom, unalarm'd, decaying lungs intral.  
For you the Deity, whose friendly will  
Permits the office of each good and ill,

H

Bade

Bade with light hand, disease its deed commence ;  
 And slightly press its stings on mortal sense.  
 Little thy powers—or thy trifling bane,  
 Molest the feelings—acrid poignant pain !  
 Acutely not—as when thy cruel laws,  
 With pangs ineffable the mind o'er-awes.  
 Did danger, but commensurate, arrest  
 The frame—as pain, upon the nerves impress.  
 Happy were many now !—and happy here,  
 Had many liv'd estrang'd to grief and fear.  
 Unlike some maladies, which parts invade,  
 Foes not to life—yet sad with tortures made.  
 But thou, my theme ! with nobler organs wars,  
 And life with gentler, yet sure force debars.  
 Not, as soon fades athletic health's high boast,  
 Yet ere few days, on India's shore a ghost.  
 Where numbers left, beyond the billow'd deep,  
 Thy prey, dire Fever ! may Europa weep.  
 Not like the son of Jove—ere strength decays,  
 By sudden conflict—doom'd to end thy days.  
 His anguish'd sufferings, conquer'd life's desire,  
 And plac'd him victim on Oëta's fire.

Whilst speak those signs, which rightly indicate  
 The warning tendency we contemplate.

In such, how oft the mournful eye hath seen,  
 A case distressful act with powers keen :  
 A subtle woe, insidiously dress'd,  
 By the pure heart of innocence caress'd.  
 Acting too potently with sad effect,  
 Whilst youth conducts the tender intellect.  
 When nice susception, every feeling trains,  
 And long, with conscious sense, each print remains.  
 Often no more, to be by care thence lav'd,  
 Indelibly too deeply there engrav'd.  
 On you ! ye souls ! decoy'd to long distress,  
 To love, and oft, frustrated happiness.

Sweetly with her the light-wing'd moments flew,  
 When first in love a blithsome hope she knew :  
 No doubt, nor fear, her youthful heart possess'd,  
 Nor sorrow broke upon her balmy rest.  
 Charming in smiles of fortune and health's bloom,  
 Her joys ne'er dream'd of future ills to come.  
 Aurora's face for her rose fresh and fair,  
 And flow'rs for her perfum'd the sun-beam'd air.  
 But ere her life had reach'd meridian hour,  
 A gath'ring storm drench'd on her head its pow'r ;

Relentless



Relentless burst—and swiftly henceforth gave  
 To expectation's bliss an early grave ;  
 And left her love-lorn and despairing breast,  
 With pining care and disappointment press'd.  
 So may the morn that's gilt with lucid ray,  
 Weep in its show'rs ere ripen'd into day.

No more the sprightly look her spirits boast,  
 The hope and anchor of her soul is lost.  
 In vain she seeks the path of ease serene,  
 To cheer her life—or some sequester'd scene,  
 Where calm'd, the pensive heart's sad dreary way,  
 May with enjoyment—thorny pain allay.  
 So, when the zephyr's gently moving breeze,  
 Whispers amidst the vale's light tufted trees,  
 In airy smiles, which nature's charm restore ;  
 How soon the phantom-sway is heard no more !  
 Quick rise those blasts, which fierce the forest tear,  
 As in the rueful cadence of the year.  
 Destructive to the leafy honour's pride,  
 In volant sweep o'er nature they preside.  
 While bursting clouds pour forth their liquid wave,  
 And foaming down the rocks the torrents lave.

To

To grief's dire passion and corrosive smart,  
 Obscures all pleasures from th' afflicted heart.  
 More keenly than the storm's rude hostile hand,  
 Dismantles beauties of the peaceful land.  
 But love's benignant sweets the soul can free,  
 And loose the captive from all misery.  
 "Can aid the hero—bid ambition rise,"  
 And bear the mind beyond all mortal ties.  
 Like as Favonius, to nature dear,  
 The fainting pilgrim's calid paths can cheer.  
 The languid faculty, and cautious age,  
 In vain opponent words with love may wage;  
 May tell what maxims youthful minds should guide,  
 What prudent foresight o'er their deeds preside:  
 May blame austere the admitted guest,  
 Which preys upon the passion's tranquil rest:  
 Which ev'ry former quietude assails,  
 And over judgement speciously prevails.  
 With wily aspect wilfully allures,  
 Yet no companion in the breast endures.  
 "A truth which many but too late can hear!"  
 "A certain truth, which many buy too dear!"

By

By thee once charm'd, all else a charm has lost,  
 The heart thy feat, thy unsuspecting host.  
 Persuasive guidance! deified name!  
 I not thy pow'r—or sad misfortunes blame:  
 Though transiently—I some effects relate,  
 Which minds more able might delineate.

But first, may I a destin'd tale pursue?  
 Which now approaches to the mem'ry's view.  
 For, till old time each mundane act shall raze,  
 Virtue, like Stella's, shall be nam'd with praise!  
 Whose constant will with gen'ral good o'erflows,  
 And round its sphere each friendly boon bestows,  
 Exults to see where social bliss accords,  
 Enjoys, to give what happiness affords.  
 Relieves that state whose prosperous weal is fled,  
 And bounteously supports the drooping head.  
 When wants invade—and others shun the door  
 Of those whose only blame is to be poor.  
 Or health the cot of penury forfakes,  
 It's lacking then her gen'rous aid partakes,  
 Yet ah, ~~for~~ Stella! little pleasure lives,  
 She needs that peace—she oft to others gives.

Though



Though blest'd with worth as malice e'en allows,  
 And Heav'n itself with approbation knows.  
 But as thy hosts, oh Sorrow, on earth roam!  
 They press'd their force on her devoted doom.

Long without joy—or consolation kind,  
 Has dark suspense o'erhung her tortur'd mind.  
 Fainting beneath accumulated pain,  
 From love dishonour'd—sighted with disdain.  
 Let her sad hours before the mind appear!  
 Depress'd by anguish—and each galling fear!  
 Ye, who compassion's ductile heart sustain!  
 To whom—like her—distress ne'er spoke in vain;  
 At Stella's fate the human sigh shall move,  
 And lift'ning sorrow give her pity's love.  
 For her, the tear's oblation not arrest!  
 For her, whom many pangs have long oppress'd.

The Tear, soft stream,—by Heav'n first design'd,  
 To indicate the feelings of the mind!  
 Thou glitt'ning pendent, of the madid eye!  
 Companion of the thought-expiring sigh!  
 What varied causes give thy being place?  
 How multiplied on the mortal race!

Spring

Sprung from misfortune's vast immensity  
 Of forms—or livest with infirmity.  
 Or from the impulse of nice tenderness,  
 Art child of feeling—for unhappiness.  
 To thee! the parting lover's soul may say!  
 When absence bids him follow her lone way.  
 Go from thy source, and seek my loved's heart,  
 And there impress what lovers feel who part.  
 To her, for me, a tenderness convey,  
 Or all I think—or language would display.  
 But if she knows not—what is much my care,  
 Here rest with me, till solv'd in passing air.

The years of youth, which first her love disclos'd,  
 Guided by hope upon its arm repos'd :  
 Was led to where each pain with life combin'd,  
 Should mitigation and assistance find.  
 But thence, alas! sprung forth the blasts of spoil,  
 Which peace obscure, and all its wishes foil,  
 Thence issued disregard, unjust mischief,  
 Taunting despite, and each heart-piercing grief.

Since with affection, flew each happy day,  
 When faults not satisfaction could allay,

Pleasures,

Pleasures are for despondent sorrows chang'd,  
 And time advances with each sweet derang'd :  
 Those hours that were—for ever now are fled,  
 And cruelty for tenderness is fled.  
 So life lags on, scarce separate from death,  
 And rightly asks it with a willing breath.

Of faithless love, the offspring is disdain,  
 The fount of tortures to a lover's pain.  
 Malice and frigid looks, affection's foes,  
 Combine to introduce a host of woes ;  
 On innocence—the prey of base deceit ;  
 And all that hatred, can for love repeat.  
 These the sad wreck of promises betroth'd,  
 Her, once gay hours, with misery have cloth'd.

Could he, who first her youthful bosom fir'd,  
 With equal fervor could he be inspir'd ?—  
 No—not with him—could one true motive grow,  
 As she with constant heart was born to know.  
 Or, if he felt affection's ties impress'd,  
 Or aught sincere attached to his breast,  
 He quitted these—prescrib'd her wretched doom,  
 When reason, quell'd by error, was o'ercome.

I

O Miscreant !



O Miscreant ! oppressed by despair,  
 What can, appropriate, thy pains impair !  
 If such thou know'st ! 'tis just thou should'st complain  
 Of cheerless passions—in heart-rending strain ;  
 “ Whilst ev'ry pow'r of life and appetite,  
 “ Dissolves in languor—lost to real delight.  
 'Till sinful knowledge, reparation give ;  
 Justice appeas'd—or mercy thence relieve.

If e'er reflection judgement shall illumine,  
 And presidency, conscience e'er assume ;  
 Horrific be its strength—on wounded thought :  
 And with conviction's fulgid spirit fraught.  
 On him who Stella's boundless favours bless'd,  
 By him in dull ingratitude possess'd.

Ill-omen'd fate ! dire inauspicious day !  
 That knows a waning joy's complete decay.  
 Unprosp'rous moment ! for a soul refin'd,  
 To feel the injury of deeds unkind.  
 Pitied be such ! whose ever-faithful care,  
 Or love-lorn beauties thankless man should share.

Such

Such ills—her charms—oh let not long deject !  
 Thou that canst purity in bliss protect !  
 Thou that canst o'er the conscious mind instil !  
 Those gifts that screen a suff'rer from all ill !  
 What though insult with frigid temper shrouds  
 Her joys—thy arm shall dissipate those clouds !  
 Shall give the unrepining victim peace,  
 And fix her heart serene in lasting ease.  
 Shall raise true friends—and long their lives prolong,  
 To aid the wife's, and soothe the children's wrong.  
 Felicity ! forsake not thou that heart,  
 That seeks thy bliss to others to impart !

How distant, Expectation, are thy bounds !  
 Vast the extension that the realms surrounds !  
 Limits, which knowledge never can advene,  
 Which yet explored—no human eye has seen.  
 When led by thee, outstretch'd, the thought diffuse  
 An endless region of delight can chuse.  
 As when the am'rous passion once impress'd,  
 Dwells on those sweets attainment ne'er possess'd,  
 It rivets all the soul to one intent,  
 And plastic sways it to its secret bent ;

Then

Then wounds it lastly—never to be heal'd,  
 Ere yet the barbed weapon is reveal'd.  
 If disappointment, with its aspic sting,  
 Its pangs inclement to the senses bring.

Oh, Disappointment! harsh, and rigid law!  
 Whose punishments upon the vitals gnaw.  
 Thou stern assailant!—with misfortune's knell,  
 Canst gelid horror, on the thought impel.  
 Is it from realms unknown, of silent death,  
 Thou being draw'st—and sendest forth thy breath?  
 For so thy pow'r to expectation seems,  
 When thy refusal, on hope's wishes teems.  
 Twin-form'd on earth, thy attributes appear,  
 To kill those hopes—or quash the mental fear.  
 Thus—like an angel's aid—thy deed supplies  
 That bliss—which doubt, and dimm'd suspense, denies,  
 When dissipating ev'ry dread portent,  
 Thou changest chance, to certainty's event.  
 So bidding danger from its post be led,  
 And joyous life o'er misery be spread.  
 A gift of Heaven—then, thy weal is fam'd,  
 And thy annulling sway with praise is nam'd.

Naked



Naked to view—thou bring'st illusions veil'd,  
 Which long from certainty remain'd conceal'd.  
 Then vision'd pleasure, like a phantom flies,  
 And wrecked hope, a wretched sufferer dies.  
 A victim to the arms of torture hurl'd,  
 Unblest'd and cheerless, waif'd to all the world.  
 Without a succour from the rankling dart  
 That in reflection penetrates the heart.

Now pining Anguish with its train of ills,  
 Dull melancholy, and despair instils.  
 Blighting with freezing breath, each sprightly source,  
 Which gives to energy its vital force.  
 All active spirits fly—all joys decay,  
 Dejected fancy—wither'd, dies away.  
 The languid health defencelessly expos'd,  
 By caustic woe is harass'd and inclos'd.  
 Feebly oppos'd to foes—which thus invade,  
 Is the too wretched and the guiltless maid.  
 By multiplied, secret pangs entwin'd,  
 How chang'd, alas ! in body and in mind !  
 Prostrate, yet breathing with unsullied fame.  
 And lost to all but patient virtue's name.

Drifted

Drifted, thus unresisting, on a rock,  
 A weak existent in misfortune's flock.  
 Whose voice would praise with gratitude that Pow'r,  
 That soon announc'd her last approached hour.  
 A life, of all its merits here how wrong'd !  
 A life, but by Omnipotence prolong'd :  
 A life, that cannot worldly heed carefs  
 A suff'rer, worthy of more happiness.

Child, not of hope ! or of alluring wealth !  
 Of pleasure or of rosy visag'd health !  
 Low is thy dwelling—and obscure thy name,  
 Stranger alike to flattery and fame,  
 A peaceful conscience, and contentment's mind,  
 Shall thee prepare to die—or live resign'd.  
 These shall be thine—shall check the lengthen'd sigh,  
 And dry the tear that fills the sadden'd eye.  
 The joys that duty has to love deny'd,  
 May be by friendship's willing hand suppli'd.  
 Who—when reposed on the faithful breast,  
 Shall guard thy days—and strive to give thee rest.  
 'Till thy last hour—thy due reward shall bring  
 A fadeless summer, and eternal spring.

But

But now the deep-struck bane, the strength degrades,  
 Then all th' accordant sympathies pervades ;  
 The native beauties of the form alloys,  
 And ev'ry aid reciprocal destroys,  
 Which health of mind with health of body gives,  
 In that compact where sanity but lives.  
 That now devoted—no more this can shield  
 Both thus dispos'd—to morbid powers yield ;  
 To each attack—approximate, this bows,  
 And passive all the mental cause allows.  
 Thus life but with a dying lustre shines,  
 Its languent strength—"with wasting sorrow pines ;  
 " Like fleecy snow, that in the warmth of day,  
 " In heaps dissolves before the solar ray."

From such a cause, will patience ear refuse,  
 Whilst I again in lines elegiac muse ?  
 And seek remembrance of her, to redeem  
 Who swells the numbers, in the hectic theme.  
 A virgin-conquest of the Phthisic foe,  
 The prey of love, and love's attendant woe.  
 O may th' attempt in language meet arise !  
 And not a sentient mind the lay despise !

Nor



Nor you, my friends, whose fellowship accords  
With her's, whose wishes claim the trustful words !  
Clara's regard 'tis, makes the strong request,  
For her—deplored—gone to faintful rest.  
Whose weary spirit—seeking endless day,  
Where sorrows shall find rest—has wing'd its way.

DESCRIPTIVE



DESCRIPTIVE

## E L E G Y.

---

WHENCE is this sound—lugubrious plaint, that steals  
Upon my ear—and awfully affails  
The mind—as when a midnight breeze reveals,  
Fear striking tones to thought—on vagrant gales?

That murm'ring through each solitary place,  
Detrusive flies—amidst the dark recess,  
With vari'd progress, o'er the dreary space;  
Now languid—or now sonant of distress.

K

As

As through the cell, or vaulted ill it bounds,  
 The castle's roof—or moss-clad waisting walls  
 Of ancient solitude—whence solemn sounds,  
 In notes are heard that gaiety appals.

Or passing through the antique fabled yew,  
 That slowly in the silent church-yard waves ;  
 And shades each tomb—our destinies renew,  
 The old companion of the mould'ring graves.

Is it a breath—that has some woe embrac'd,  
 And bears some story from the tristful grove ;  
 Of sadden'd cyprus—on the list'ning trac'd ;  
 Dolent with sighs of melancholic love ?

Truly—and seeks, a painful task to tell,  
 As passed lately o'er Eliza's tomb ;  
 And brings her farewell—speaks the echo'd knell,  
 Of rights funereal of her youthful doom.

Here rest thy message—and thy destin'd care,  
 Nor bear such sorrow to my Clara's mind ;  
 And you—her friends ! nor yet the tale declare,  
 Spare, and shield off, each word with woe combin'd !

Beware



Beware—to raise her pain! whose thoughts vibrate  
 In pity's cause—or each affecting scene;  
 I dread the conflict—and commiserate  
 The anguish sudden—which shall supervene.

Yet—tenderly, the dol'rous shock conceal,  
 For well I know how were their hearts entwin'd  
 In bonds of amity—let time reveal!  
 The sad recital—with each pain combin'd!

The loss to her, redoubly shall disclose  
 Each ingrate sense—which parted friendship knows;  
 Shall pierce each essay, of a wish'd repose,  
 And wreck the peace her present hope avows.

From infant years their true regard I view,  
 When each the other vested with her thought;  
 Such as young fancy undisguised knew,  
 And all the fire of pure affection taught.

Increasing time, still aided their esteem,  
 With all the kind associates of the breast;  
 No cold reserve could apathy there teem;  
 Nor insincerity their thoughts invest.

Haw

How shall thy spirit, Clara! hear the words,  
 Or view this relic of Eliza's frame!  
 The ringlet, deck'd as sacred care affords:  
 A wreath, in mem'ry of her hallow'd name!

I would, from thee! e'er hide the mournful strain,  
 But vainly its recital I repel;  
 The voice of fame, no longer will refrain,  
 It ever hastes too soon our pains to tell.

Too soon, alas! the whisper'd truth arrives,  
 Which like the blow of fate dissolves the breath;  
 Its harsh assault, her present grief deprives,  
 She sinks—oblivious—in a semblant death.

The eyes, now motionless, their lustre lose,  
 Cold—spiritless—the limbs extended lay;  
 And from the cheeks quick flies the tinging rose;  
 The vital stream foregoes its course to play.

Then on a flipp'ry and unstable verge,  
 Life feebly held—a parting seem'd to crave;  
 The floating spirits—tendent deathward urge,  
 To wing their way to Lethe's silent wave.

Inert

Inert seems friendship's art, and willing balm,  
 To stem the powers of the potent grief;  
 Whilst pity vainly seeks the gusts to calm,  
 For, ah! the feelings shrink from its relief.

Off' from its dormant state the brain awakes,  
 Weak utterance only speaks the tortur'd mind,  
 In abrupt sighs—(convuls'd each part partakes)  
 And murmurs mingled of death's deed unkind.

In gusts of tears th' impelled powers rous'd,  
 Excite th' insensate frame from dormant shades;  
 Where, had the faculties awhile repos'd:  
 And life through each meand'ring way pervades.

Yet still reflection tristfully remains,  
 The lernan ill, firm to the wound adheres;  
 With all its monstrous hydra-headed pains;  
 An shatter'd strength dejectedly appears.

Now in suspirious state the senses haste,  
 To view the actions of the passed years;  
 When youth its joys, did unalloy'd taste:  
 Nor thought knew sorrow—or a shade of fears.

With



With languid voice—thus Clara's words retrace  
 Pasts'd absent bliss—' Ye dear delights adieu !

' Which all my future days shall not deface ;  
 ' Ye sweets farewell ! I with Eliza knew !

' Lead me, oh memory ! to Ebor's plains,  
 ' Where first our son of amity arose ;  
 ' Its pure impressions, still this heart retains ;  
 ' Though death has fix'd it by thy last repose.

' Thy wit, good-humour, and thy lively ease,  
 ' And all thy mental charms I much rever'd ;  
 ' Form'd with each social grace, and gift to please ;  
 ' Thy heart to me of spotless hue appear'd.

' Oft' when thou didst the tyrant pain disclose,  
 ' Afflicted by parental will, unkind,  
 ' Thy love with me but, dar'd its thoughts repose,  
 ' And the true cause for which thy health repin'd.

' With fear foreboding ill, I heard thy plaint,  
 ' Studi'd thy comfort with all careful aid ;  
 ' But foe to this, the foul corroding taint  
 ' Would still with constant war thy peace invade.

' So

- ‘ So gives the ductile sway, the subtle fire ;
- ‘ So the envenom’d dart the life demands ;
- “ Round the pale bosom plays the young desire,
- “ And slow consuming”—thro’ the frame expands.
- ‘ Alas ! when rigour’s laws, our hearts reprove,
- ‘ And thus fidelity’s true bliss control,
- ‘ Desponding, forlorn, unpropitious love,
- ‘ Unnerves the body, but enchains the soul.
- ‘ No balm of peace—the ceaseless rack illumines,
- ‘ No beam of gladness on the wishes shines ;
- ‘ In constant vigil, care the health consumes,
- ‘ And ling’ring death around the life entwines.
- ‘ A kindly death !—when ev’ry promis’d joy,
- ‘ And former prospect, sinks in harsh disease ;
- ‘ Come, Innocence ! thy cordials employ !
- ‘ And lead the victims hence to endless ease !
- ‘ Deplor’d Eliza ! can e’er aught remove
- ‘ My priz’d remembrance !—no—we cannot part ;
- ‘ I’ll live to praise—regret—thy faithful love,
- ‘ Till destin’d hence, I meet again thy heart.”

GENERAL

## GENERAL ANALYSIS

OF PART THE

### FOURTH.

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*Arrival at the acmé of youth, what dangers are then pendent, restriction of the growth of the body, and what effects may happen from some causes, before the balance between the powers of extention and resistance is established.—Dancing mentioned, it's ascendancy, universality, and exhilarating effects.—Admirable beauties, good qualities, and accomplishments of Laura delineated.—Zara's character, and excellencies.—The meritorious praise of Matilda, good wishes, grateful recollection of enjoyment.—With whom dancing most accords, cautions for its use.—Further advice commendatory of moderation, and the avoiding of certain errors—attention to the dictates of nature enforced.—Night fitly appropriated for rest, its sway allures thereto.—An address to evening—Continuation of it, effects experienced, the indulgence of meditation at that time.—Moonlight, its reign praised, contemplative sensations and pleasures experienced by it.—Retirement*  
in



*in advanced night, sentiments, visionary pleasures in sleep. —Morning how welcom'd, a desire.—Equal thankfulness offered to morn, as at night, a suppliant request.—An early excursion at Rockley, descriptive attempt, the sportman's departure and success.—The shepherd's flock driven from the fold.—Barrows, the little alteration made in them by time, comparatively mentioned, Barbury's entrenchment—Stoney masses, the disposal of their arrangement in the place alluded to, giving reason to imagine they were formerly artificially sited for druidical purposes, that state compared with their present.—Safety recommended to females, by their right observance of nature, and adherence to her requisitions.—Aets of the weak, often impelled by forcible inclination, contrary to reason and rectitude, effects from elated minds, and exertion of body.—Enthusiasm, its powers, dangerous consequences undreaded, may take place from the immoderate pursuit of enjoyment, attendants on excess in the peculiar and particular predicament pourtrayed, a cause interrupting health, rashly provoked, event.—The fate of errors.—Further effects and symptoms introduced, tendent to hectic or febrile state, certain afflictions and the stages of hectic Paroxysm described, progress of signs and disease, intermission and return of Paroxysm.—Increasing alarms, further appear-*

L

ances.

*ances.—Continuance of distress and danger, augmentation of Phthisis—The lingering advancement of calamities, frailty and decay, throughout these the power of hope.—Emaciation, fixed prognostics, indications, from the aspect and whole body, of approaching fate.—What formerly may have pleased the eye and imagination, and which might afford satisfaction to the observation of the healthful, supplies no source of enjoyment to the wearied, suffering and despairing patient.—Resignation, death arrives not too early for the relief, and felicity of mortality from a wretched and life afflicted state, willing compliance with the exitial demand.*



## PHTHISIOLOGIA.

### PART IV.

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NOW youth, by time, led forward on life's way,  
Displays th' appointed acmé of its day ;  
And brings the system to that ordinance,  
From which th' elastic tubes no more advance.  
When no more yielding to the pulse force,  
They bear extension, by the sanguine course,  
Then, unsuspected may a cause arise,  
To give to predispos'd disease supplies,  
When fickle health might need such kind recruit,  
To raise the germen to maturer fruit.

But



But near to health is morbid ill alli'd,  
 And flight the fence that does the state divide,  
 If heedlessly, or rashly in a fact,  
 Born by the torrent of wild pleasure's act ;  
 The mind beyond the body's powers bold,  
 Disdains a rein, and ranges uncontroul'd.  
 If ardent exercise, oft doom'd to blame,  
 Awakes the danger of the tendent flame,  
 If wanton spurrings urge the crimson'd tide,  
 The rules of prudent caution to deride.  
 Then, fiercely gliding in its strict domain,  
 Resisting bonds the current may restrain,  
 In sturdy vessels—whose establish'd fate,  
 For the exub'rant flux no more dilate.  
 Whilst nought the heart's impulsive force revokes,  
 Urging the blood with swift successive strokes.  
 Augmenting contest, opposition brings,  
 Whence fatal evil from the rupture springs,  
 Of the minute, confin'd arterial length ;  
 To furnish future pains for lavish'd strength.  
 Greatly, as some observe, if heat succeeds,  
 With pow'r expansile, after winter's deeds.

The

The dance—the giddy spirits much incites,  
 Allures the wishes by its gay delights.  
 Enliv'ning joy ! that nations all revere,  
 That lives the friend of mirth in ev'ry sphere !  
 That universally the mind has fir'd,  
 As if, by nature's free command inspir'd,  
 In jocund mood—when being first the fram'd,  
 Vivacious tendency in mortals nam'd.  
 The lustre of fancy's light-stepp'd heed,  
 When health and vigour animate the deed.  
 And joyous music adds its sprightly share,  
 To glad the heart, and tread on pensive care.  
 To actuate the body's energy,  
 Advance its life, and shew its liberty.  
 The sway of torpid dulness to elude,  
 And wanton in capricious attitude.  
 Or playful act—in airy mode arrang'd,  
 By lively judgment's votive wishes chang'd.  
 To bid the agile limbs their gifts devote,  
 And vari'd motions gracefully denote.  
 To please the eye, to captivate the mind,  
 And shew each trait with winning ease combin'd.

See !

See! Laura thus, the fashion'd figure trace,  
 And thou shalt see the charms of ev'ry grace.  
 Whose bright attractions pleasure shall impart,  
 And fix a wonder on the captive heart.  
 Observe her manners, and her mein survey!  
 And thou shalt own admiring fancy's sway.  
 See the expressive powers of her eyes,  
 And thou shalt know what utterance defies.  
 Could'st thou too, see the beauties of her mind,  
 Thou then wouldst know what Heav'n complete  
     design'd,  
 Where e'er she moves, her presence can enhance,  
 Each joy experienc'd in the cheerful dance.  
 When she retreats, she leaves a just delight,  
 Which each one treasures in the mental fight,  
 Fix'd in the hoard of nurtur'd mem'ry's store,  
 Which time reviews, and still admires the more,  
 For when departed from the busy crowd,  
 I've heard her prais'd, in truths which all allow'd,

Yet, though such transports Laura may inspire,  
 Zara has charms, which rightly all admire.  
 Her welcome converse can each friend supply,  
 And teach the moments happily to fly.

To



To her, attention, smiling hearing lends,  
 And with esteem to sweet instruction bends.  
 Aöonian strains, wak'd by her touch vibrate,  
 To raise our bliss, or sorrows dissipate.  
 When dulci-sonant from the smitten chord,  
 Arise those pleasures music can afford.  
 Or, when in tuneful song, she swells her voice,  
 Mortals may love, and Heav'n commend their choice.  
 Prais'd be the Pow'r! that harmony invests,  
 Which by the ear, the captive heart arrests.—  
 Happy must he be, boundless sweets him blest!  
 Who shall her love with equal love caress.  
 To him, a desert, paradise might be,  
 And teem abundant with felicity.  
 Unkindly, savage manners might give way,  
 To own the favor of her gentle sway.  
 Her soothing mildness, and her art to please,  
 Each adverse trouble would annul with ease.  
 Her gladsome means would calm the rugged will,  
 And smiles spread o'er the brow of rugged ill.

I would arraign too, here, more words thus due,  
 Few are their train—tho' speaking much that's true.

Deck'd

Deck'd in integrity's pure robes my lays,  
 Would give Matilda's worth approval's praise.  
 No studied language—Muse! need be thy care,  
 If but the fruits of knowledge it declare.  
 Through day's assembled in spring-youth's gay train,  
 I've known her, lovely—friendly—and humane.  
 And in maturer summer's brighter years,  
 The dut'ous child that aged need now cheers,  
 Still the warm patron of benevolence,  
 Disciple prudent—of her guide—Good sense.  
 For her—oh, could my wishes long instil!  
 What but Omnipotence can here fulfil!  
 They should for her, a daily grateful share,  
 Of pleasure and felicity prepare.  
 Time should long hover on a tardy wing,  
 While plenty should for her its blessings bring.  
 All grateful health, administer to ease,  
 And peace reward her with those sweets which please.  
 Whilst far from her, hours, still with me commence,  
 Which may to me, her converse not dispense.  
 I'll recollect, with solace to my mind,  
 That former time has to my life been kind.  
 When thought, with gratitude shall often own,  
 The lot I've had, that I to her was known.

Joy

Joy to thy rural form! thy lonely feat,  
 Begirt with hills, within the vale's retreat!  
 Oft for thee, Villa, shall my wishes say,  
 And nature's bounties bless the night and day:  
 For there Matilda dwells—and there divulg'd,  
 To me, has been much social good indulg'd.

Chorea's sports most with young health accord,  
 When gen'rous strength can rich supplies afford;  
 Which ev'ry lively property impart,  
 To aid the activeness of youthful art.  
 But ah! be cautious—ye, who much devise!  
 The frequent moments of this exercise,  
 Ye vent'rous many who the wish avow,  
 With prudence learn its pleasures to allow!  
 The strongest cannot long excess endure,  
 Nor freedom from its dire effects ensure,  
 Those future pains, which from indulgence spring,  
 And long your hours with lassitude may sting.  
 But chiefly, you! who need important care,  
 The balm of vigour, most with wisdom share!  
 Ye fair! for whom I tempt the arduous song,  
 Never the luring pastime much prolong!

M

With



Deck'd in integrity's pure robes my lays,  
 Would give Matilda's worth approval's praise.  
 No studied language—Muse! need be thy care,  
 If but the fruits of knowledge it declare.  
 Through day's assembled in spring-youth's gay train,  
 I've known her, lovely—friendly—and humane.  
 And in maturer summer's brighter years,  
 The dut'ous child that aged need now cheers,  
 Still the warm patron of benevolence,  
 Disciple prudent—of her guide—Good sense.  
 For her—oh, could my wishes long instil!  
 What but Omnipotence can here fulfil!  
 They should for her, a daily grateful share,  
 Of pleasure and felicity prepare.  
 Time should long hover on a tardy wing,  
 While plenty should for her its blessings bring.  
 All grateful health, administer to ease,  
 And peace reward her with those sweets which please.  
 Whilst far from her, hours, still with me commence,  
 Which may to me, her converse not dispense.  
 I'll recollect, with solace to my mind,  
 That former time has to my life been kind.  
 When thought, with gratitude shall often own,  
 The lot I've had, that I to her was known.

Joy

Joy to thy rural form! thy lonely feat,  
 Begirt with hills, within the vale's retreat!  
 Oft for thee, Villa, shall my wishes say,  
 And nature's bounties bless the night and day:  
 For there Matilda dwells—and there divulg'd,  
 To me, has been much social good indulg'd.

Chorea's sports most with young health accord,  
 When gen'rous strength can rich supplies afford;  
 Which ev'ry lively property impart,  
 To aid the activeness of youthful art.  
 But ah! be cautious—ye, who much devise!  
 The frequent moments of this exercise,  
 Ye vent'rous many who the wish avow,  
 With prudence learn its pleasures to allow!  
 The strongest cannot long excess endure,  
 Nor freedom from its dire effects ensure,  
 Those future pains, which from indulgence spring,  
 And long your hours with lassitude may sting.  
 But chiefly, you! who need important care,  
 The balm of vigour, most with wisdom share!  
 Ye fair! for whom I tempt the arduous song,  
 Never the luring pastime much prolong!

M

With

With temperance indulge the appetite,  
 And taste in moderation each delight.  
 Let not the present time be ever cloy'd !  
 Nor future, with repentant thought alloy'd !  
 May lax fatigue ne'er speak the sad expence,  
 Which tells the waste of life-sustaining sense !  
 Let not by pond'rous ill, the frame unnerv'd,  
 Accuse—that reason has from justice swerv'd !  
 Ne'er with the latest hour, and night's dark sway,  
 Waste your support—the need of coming day !  
 Let not the warning harbinger of morn,  
 Observe the visage of a form forlorn !  
 Or nature's children on your sports awoke,  
 Know errors which may sober blame provoke !  
 Let them not witness what should be repos'd,  
 Long, ere the wakeful dawning is disclos'd !  
 They rise refresh'd, and leave the sop'rous bed,  
 By morn and health, companions blithe, forth led.  
 Whilst you those sweets, by heedless means divest,  
 And listless discontent—estrang'd to rest.

Who seek the favours of right health and wit,  
 Must to the voice of nature's call submit.

But



But if you flight her, vainly may you woo,  
 For her attendance, when your wishes sue.  
 Expect not downy ease shall be allow'd,  
 But, as you her disciples, are avow'd.  
 Ye! who would "hope to guide your course aright,  
 "Go, seek when shade proclaims the middle night,  
 "The house of sleep"—there may you comfort find,  
 In rest of body—and repose of mind.

Give sleep to night—and vivify by day,  
 Is what creation's good examples, say,  
 When shades descend—and darkness on this world,  
 As from the realms of Erebus is hurl'd,  
 One gen'ral sense all nature would inspire,  
 And shed around somniferous desire.  
 Tranquility, with night, in fables dwells,  
 And to the frame sleep's peaceful message tells.  
 Allures the mind its loss to renovate,  
 And for the light fresh action to create.

Thou faint-ey'd light! to lovely Venus dear,\*  
 Delightful ev'ning! thy dim garb I cheer!  
 Advanced image of approaching night,  
 In whom the feffile limbs of toil delight!

Soft

\* See Greek Idyl.

Soft sober twilight ! nurse of tender thought !  
 With gentle, dewy, fertile blessings fraught !  
 With thee ! nor orb of day or night I want,  
 Nor would I on the starry gems descant.  
 For with thy shades I often slowly tread,  
 And humble pleasures in thy aspect read,

Thou solemn season ! on thy dusky wing,  
 Repose, and silence ever with thee bring !  
 Whether bright luna, or the star of love,  
 Watch roscid plains—or unseen by us, move !  
 With thee, the clouds hang 'midst the mantle grey,  
 Ere other orbs bestow a friendly ray.  
 When brighter light retreats from our domain,  
 And lengthen'd shadows stretch across the plain.  
 Reason then slumb'ring on the mental throne,  
 Awaking fancy gilds each scene alone.  
 Whilst on the breezes, whisp'ring notes, now steal,  
 Like distant soundings of the sea's appeal.  
 As fiercely on the rocky shore it laves,  
 And spreads the murmurs of its dashing waves.  
 Like mingled voices, which from towns resound,  
 Where commerce and the noisy arts abound.

Oft

Oft have I hail'd thy vifionary hour,  
 Its magic reign, and right of mimic pow'r.  
 Oft, have I prais'd, thy pure and soothing fway,  
 More pleas'd by it, than with the charms of day.  
 Oft as the bufy world from toil retires,  
 Shall minds like mine, with thee calm their defires.  
 Court thy wan light—now heeding day no more,  
 Whilft pleas'rous vot'ries crowded haunts explore.  
 Far I, from thefe—more happily have stray'd,  
 And thought true peace the tenant of the fhade.

Or, when the moon, high thron'd in cloudlefs fkies,  
 When nought, a vapour, dew or mift fupplies,  
 To veil her albid beauties from the fight,  
 Shines the refplendant luminant of night.  
 Pleas'd have I view'd her mild and tranquil beam,  
 On mountain reft—or tremble on the fream.  
 My foul then calm—feem'd like the feafon fair,  
 Releas'd from pain, and ev'ry mortal care.  
 How folac'd then, has been my folemn heart,  
 By fweets which modest ev'ning could impart,  
 Kind miftrefs of night's hours ! thy humble ray  
 Attends the trav'ller, on his day-fpent way ;

When



When wearied nature seeks her due repose :  
 And leaves thy gleam each object to disclose.  
 Whilst the sweet songster of the umbrous night,  
 Breaks the wide silence that invests the night.  
 Deep hid, she warbles, from the secret grove,  
 And cheers the steps that with her vigils rove.

But when obscur'd, the fading shadows flee,  
 Warned, by night ! I seek my couch with thee.  
 Giving to Him, to whom for rest I sue,  
 That gratitude, which, is alone his due,  
 I quit, for sleep, my half unfinish'd theme,  
 With hopes to meet thee, Clara ! in a dream.  
 Ye sprites ! with fairy wing to me approach !  
 And waft me by your aid to Clara's couch !  
 I haste to meet her, in the airy view,  
 Till day shall bid me wonted tasks renew.

Now, gone, the nightly hours, with moments fleet,  
 With morn once more, I live my love to greet.  
 The day again, for her my care invites,  
 And thus affection for it's Clara writes :—  
 O may unnumber'd days refresh my eyes !  
 With looks on Clara, happily to rise !

'Tis

'Tis but for that, I mostly life request,  
Depriv'd of that—I bow to Heaven's behest!

As seeking sleep—I court the godhead's aid,  
In quiet mood—whilst lasts the nightly shade.  
With early dawn, so would I wish to rise,  
And waft a grateful prayer to the skies.  
Thanking the Parent of fair health and day,  
With joy I view the sun's first rising ray.  
I ever would thus, and have oft, thus rose,  
And left fatigue the conquest of repose.  
Hailing the splendour that brings forth the morn,  
And bids fair hope all nature's face adorn.  
Where'er my limbs may kindly thus recline,  
May welcome the protecting hand divine,  
Shall my oraisons—ever so be rais'd ;  
And blifs, and plenty's donor, ever prais'd !  
May sorrows not the course of light attend !  
But peace the mansion I dwell in, append !  
May sweet content ! may health ! may solid joy !  
The hours of its inhabitants employ !

So pray'd my heart—when with the early dawn,  
My footsteps led me thro' the grassy lawn.

To

To where the Downs' short herbed turf extends,  
 Which hills and vales connected, comprehends.  
 O'erlooking those domains, more richly crown'd,  
 Which tranquil Rockley's villag'd mansions bound.  
 Where, artful care thy rural seat has deck'd,  
 T' impose the hand of nature, and protect.  
 What vari'd thoughts my musing bosom fill!  
 Ascending, and whilst on the neighb'ring hill!  
 From whence bewild'ring scenes divert the eye,  
 In limits, that the vision'd pow'rs defy.  
 Which wand'ring round—each object to pursue,  
 At hand now rests, or on the distant view.  
 The clouds from off the horizon arise,  
 Dispers'd by sol, now seek the far-spread skies.  
 Upon the wings of air they take a flight,  
 And leave the hills they rested on through night.  
 The valli'd mists too, like a sea wide spread,  
 Now haste to leave their lowly, silent bed.  
 Aurora opens now, the heavenly gates,  
 And forth the rapid steeds of sun elates.  
 In vari'd tints light's beams reflected play,  
 And smiling, introduce the splendid day.  
 Forth from his dome the eager sportsman strays,  
 Whilst pleas'd, around, each well train'd dog, him, plays.  
Him,



Him, from whose bitub'd gun's unerring aim,  
 The winged tribe no life's escape can claim.  
 Around the ripen'd gifts of Ceres rise,  
 In joyous plenty of the year's supplies.  
 A numerous flock—with twitt'rings seek to share,  
 Their claim'd proportion of autumnal fare.

And now begins the labour of the swain,  
 To homeward lead the produce of the plain.  
 The torpid shepherd, bred to hardy fare,  
 Leads forth his feeding, slowly wand'ring care.  
 Whilst watchful, near, his strict companion lies,  
 Or, as his message bids, obed'ent flies.  
 The willing dog—whose heedful act commands,  
 All, that his Master's words, or look demands.  
 Whose daily work, distinguish'd by light deeds,  
 But little with variety succeeds.  
 Where, on the grassy turf his flock he leads,  
 There, where, his steps in thoughtless mood now treads,  
 Far other acts, in passed years were fam'd;  
 By others trod, in martial numbers nam'd.  
 There, on the plain, now stands each circled bed,\*  
 Where sleep the relics of the honour'd dead.

N

There,

\* Barrows.

There, all that now remains of them, resides,  
 Yet undisturb'd, in rest sepultur'd 'bides.  
 Far hence removed from annals that can trace,  
 Traits—that denote them, of the brave or base.  
 Perhaps opponents of some hostile band,  
 That rear'd their banners on yond' entrench'd land\*.  
 Where further from the view remotely plac'd,  
 The works of ancient pow'r, and art, are trac'd.  
 Whilst gaudy monuments in work sublime,  
 Have moulder'd victims of consuming time,  
 Those tombs remaining hostile to decay,  
 Have ages brav'd, and ev'ry boist'rous day.

Far, in the western vale's retir'd retreat,  
 Where, hence, the eye not penetrates their feat.  
 Those faxile masses—in moss colour rude,  
 Upon the earth—in rugged form intrude.  
 Now in a mode irregular, display'd,  
 Or, as by rules of antique will array'd.  
 When superstition's dark myster'ous night,  
 On ignorance, spread forth the pagan rite.  
 A spot that, fit, their doctrines to instil,  
 When shading trees, o'er grew each neigh'bring hill.  
 Where

\* Barbury (castle) so called.

Where wond'ring awe might aptly contemplate,  
 The priestly knowledge of the ways of fate.  
 Whilst from the altar'd-rocks, expands a beam,  
 Which from the fire of sanctity wou'd gleam.  
 And through each avenue shoots forth a ray,  
 Where near them, shone, the brighter god of day.  
 YE PILES OBDURATE ! whence your former birth ?  
 Now sinking to the mansions of the earth.  
 Your weather-beaten forms now lowly rise,  
 To meet, scarce chang'd, the blasts of many skies.  
 Whilst round your hallow'd seat, the shepherd's heed,  
 The sparing herbage ruminating feed.  
 Or, on your confines, now, the plough and spade  
 By culture's hands upon your site invade.  
 No precepts of tradition hence arise,  
 Nor presage drawn from well wrought sacrifice.  
 Which Druid' minds in cunning forms suppos'd,  
 And to the weak in mystic sense disclos'd.  
 Around you hovers oft' the preying bird,  
 Or the hoarse raven, on you perch'd, is heard.  
 The rook industr'ous, in his daily ways,  
 Oft' midst your lone, and quiet precincts strays.  
 And near you, oft,' the vagrant swallow hies,  
 Whilst fleeting far, pursuing food he flies.

Though



Though now, nor yet, companion of these lands  
His wants, his stay, Wilthona's bounds demands.

Avoid, YE FAIR ! with thoughtful prudence pause,  
Ere yet subjected to—a baneful cause.  
Which fosters sickness—shun the morbid snare !  
Which tempts to danger, follow nature's care.  
She smiles to see her childrens happiness,  
And find her rules of health, bless'd with success.  
Cast round your eyes—and let creation speak,  
Then blush to find your fortitude oft' weak.  
See, you ! ashamed !—the rudest creature wife,  
Whilst you their just example oft' despise.  
They, following the laws of wisdom's plan,  
Excel their titled king—vain fickle man.

See, the frail maid—who scarcely dares to try,  
The rights of exercise, beneath our sky,  
Or feel a breeze—yet, let th' illumin'd hall  
Bespeak amusements—or the nightly ball,  
All tending dangers willing, she defies;  
And not a wish—as ought to be—denies.  
At morn, the night's lov'd auspices, seem far,  
The day, too slowly, lingers on his car,

To

To bring th' affemblage, that ſhe wou'd behold,  
 In each exceſs—by faſhion's modes extoll'd.  
 In toil rejoicing, bound in cuſtom's chain,  
 Such as from which, confid'rate minds refrain.  
 Elate, and flufhed, with imagin'd glee,  
 She bids her fervor in extremes be free  
 With gay emotion—whilſt each tranſport grows,  
 Beats in the pulſe, or on the viſage glows.  
 Quick from the breaſt the heaved gales ariſe,  
 And panting reſpiration—quick'ned flies.  
 No ſuppoſition now the minds alarms,  
 Loſt, in poſſeſſion of its' preſent charms.  
 Now is the raſh imagination blaz'd,  
 As on ideas' lofty ſummit rais'd.  
 That ſubtle ſpirit, which enflames the will,  
 And bids the mind it's phrenzi'd thoughts fulfil.  
 Enthuſiaſm ! no rigid maxims dreads,  
 But ardour over every effort ſpreads.  
 Impreſſion ! that the youthful mind receives,  
 And with the heart of liberty, but lives.  
 Flame of Genius ! from the realms ſublime,  
 That lives with early years—and fades with time !  
 Inſpir'd by thee ! the eager ſoul diſdains,  
 The conſcious whiſp'rings of enſuing pains.

No

No fears attack, suspicion nought avails,  
 Till sad experience the mind assails.  
 As—shou'd, thus hurri'd, in this practice bold,  
 An adverse sense it's potent force unfold.  
 Shou'd night's fell damp, or cold depressing breeze,  
 The heated victim in her vent'rings seize.  
 The sudden stroke, in ev'ry mischief rife,  
 Repels the vigour æstuant of life.  
 Then shrinks the vapour that the surface guards,  
 And rapidly, flies to the inmost wards.  
 The pores declare the errors of excess,  
 And close, in witness, of the sad recess.  
 Excess ! joint compact, of intemp'rate mood,  
 The foe of ease, and ev'ry placid good.  
 The friend of languor, and its tyrant sway,  
 Which, all debility's frail tribe obey.  
 With blameful habits, hand in hand, it treads,  
 And to the goal of disappointment leads.  
 Delusive joys ! high rais'd on pleasure's brink,  
 Ye soar awhile—and then to sorrow sink.  
 Fatal extreme !—what shall the deed appease,  
 But the dire symptoms of a caus'd disease.  
 Henceforth, it steals upon the languid health,  
 And routs its wholesome laws, by certain stealth.

The



The hopeful source of happiness, is quell'd,  
 And all it's salutary aims expell'd.  
 So, wounded, falls, what expectation view'd,  
 As by a suing conq'ring foe subdu'd.

Such, hasty errors—thoughtlessly oft' met,  
 Some have remembered with long regret.  
 With tears repentant, blam'd th' incautious fault,  
 Which doom'd their early years to Death's assault.  
 Contesting in a painful dang'rous war,  
 With Pneumony—or weeping harsh Catarrh.  
 Whose symptoms, pendent on afflicted sense,  
 Arouse—and bid a foe, it's deeds commence.  
 When seizing on a Phthific form detail'd,  
 And disposition on that race entail'd.  
 Hereditary progeny 'fore nam'd,  
 Of Stamina peculiarly fram'd.

Thus unprotected—vainly, oft' oppos'd,  
 The paths of injury are hence disclos'd.  
 Dreadful Hoemoptysis—and febrile train,  
 Are baneful leaders to ensuing pain.  
 In feeble form, and rutilate visag'd hue,  
 Whose conflicts, respiration, wou'd subdue.

Constant

Constant in urgings, on the lungs impress'd,  
 With teizing cough—the enemy of rest.  
 Bursting the bonds which vital streams attire,  
 Augmenting ills, with inflammation dire.  
 Till desp'rate tokens of the hectic tribe,  
 Their certain traits, upon the frame inscribe.  
 Not e'er beheld, but with a fear forlorn,  
 Though oft' with all it's flattering wiles long born.  
 Now burning with Pyrexia's alarm,  
 Now temp'rate, bidding hope it's nurstling charm.  
 Seeming to woo with convalescent face,  
 Whilst leading on to death, with certain pace.  
 Now with constringing frigid touch it shakes,  
 The pallid frame, which lethal sense partakes.  
 Then, calid, with the nightly shade it treads,  
 And anxious tumults o'er the suff'rer spreads.  
 Triumphant now each paroxysm affails,  
 With thirsty parchings that no aid avails.  
 Throughout the looks, the pulse, the tyrant reigns,  
 That binds the fev'rish victim in its chains.  
 Whose triftful feelings, every day intrude,  
 Form'd by the finger of inquietude.  
 Each function is disturb'd, which health ordains,  
 And unappeas'd impediments retains.

Scarcely

Scarcely does morn enjoy a kind relief,  
 Though flatter'd with a wish'd quiescence—brief.  
 The morn, that springs with joy, upon health's store,  
 Thy prospects, scarcely, dare in thought implore.  
 To languish in a madid dewy bath,  
 Pour'd by the efflux of each porous path.  
 Vainly, now, calmness, can the day receive,  
 Though cheer'd by apyrexia's reprieve.  
 Kind internal! but with insidious smiles!  
 Which leads to ruin—whilst its ease beguiles.  
 Scarce known or felt, so as to be enjoy'd,  
 Ere soon again, its sweets are all alloy'd.  
 Exacerbations, count again the scenes,  
 And daily doom, to former, supervenes.  
 Thus miseries in morbid shape rotate,  
 And harmonize strict' with th' eventful state.

A fontful source, which life cannot divest,  
 Fix'd, tyrannizes in the dolent chest.  
 Rules in the lungs with grasp of might, intense,  
 And issues sanguine-sputed purulence.  
 In pantings frequent—coughs' distressing length,  
 Malific to the toiling, fainting strength.  
 Doom'd to its goal, by long, and slow decay,  
 To unrepell'd assaults, a waning prey,

O

With



With voice raucidinous, and sinking breath,  
 So winds along, the stream of life, to death.  
 And num'rous more evinced sad effects,  
 The muse, ineffable, not here elects.

Calamity ! what tokens yet succeed !  
 To trace the mischief of the morbid deed.  
 The fault'ring corpse, is led by certain force,  
 In ling'ring progress on its destin'd course.  
 A dying lambent flame—so life departs,  
 Averse to sustenance by medic' arts.  
 To its last ebb, now gliding with decay,  
 The spark now glimmers it's support away.  
 Fix'd in despair—yet HOPE still animates,  
 And soothing confidence in aid creates.  
 The drooping frame to raise—that FRIEND contends,  
 Like as the trembling drop that yet appends,  
 Shook by the gales—that passing by it, flit ;  
 Unwilling still, its tender hold to quit.  
 Proud son of Phœbus ! canst thou stem the ill,  
 “ With all thy boasted implements or skill ?  
 “ Or all thy well cramm'd magazines of health ?”  
 Bestow them here—and crown thyself with wealth.

Deflower'd

Deflower'd figure ! wreck'd remains, how frail !  
 What thoughts or care, can now thy life avail !  
 Weak skeleton ! of what thy kindred knew,  
 And lov'd—and what the world cou'd pleased view,  
 And viewing love—and e'er the pleasure own,  
 To love thee more, the more, and truly known,  
 I see thy tabid state—emaciate shade !  
 Pursu'd by death—whose shafts thy life pervade.  
 Thy harass'd breath—and ev'ry symptom fell,  
 Effects how doleful ! which denote thy knell.  
 Each known prognostic, in its full extent,  
 Presages sure th' approaching sad event,  
 Cadav'rous looks, o'er all thy former, rise,  
 Sunk cheeks—deep hollow orbs—and vapid eyes.  
 Where life but hovers—destitute of ease,  
 And seems to look for kind, and quick release.  
 For life alas ! no joys for thee retains,  
 Whilst destitute—thus vital health remains.

Autumn's rich, mellow tints, or summer's charm,  
 May please—and much the healthful bosom warm.  
 With morning's dewy feet, enliv'ning spring,  
 May stores of gayest bloom, or plenty bring.  
 Or blasting Winter, rise with rugged pow'r,  
 Whilst social pleasures bless the ev'nings hour.

But

But not for thee—comes autumn's vari'd die,  
 Nor smile the fruits of earth—nor shines the sky,  
 No more can spring thy blighted hopes restore,  
 Or summer's splendour—give it's bounties more.  
 Not cheered by the bright-rais'd, solar ray,  
 Expanding flow'rs shall deck for thee, the day.  
 The light that glads each herb or leafy tree,  
 Beams but a joyless influence on thee.  
 Nor can the gay, domestic circle prove,  
 Thy ease—nor hence, thy morbid hours remove.  
 Far—far—beyond the reach of human art,  
 Lie the fore wounds, which now their woes impart.  
 Scarce can the opiate's aid, with lulling pow'r,  
 Beguile the vigils of each night's long hour.  
 For sense, and mem'ry, still those pains avow,  
 Which cancels sleep—nor scarce relief can know.  
 The tender cares, the relatives of life,  
 That soothe in youth, the daughter, or the wife,  
 By death's cold hand, shall be relentless torn,  
 Nor shall the season of thy years adorn.  
 The wreath of hope, so fair, by fancy wove,  
 By friendship foster'd, and compos'd by love,  
 Destroyed in misfortune's baleful doom,  
 Here, with thy expectations ne'er shall bloom.

No



No essay, now, the ultimate defeats,  
 Th' expiring mortal, willingly retreats.  
 " Taught half by reason, half by mere decay,  
 " To welcome death, and calmly pass away."  
 In virtue, yet unstain'd, the mind submits,  
 Resign'd—this passing world, in peace it quits.  
 The heart still sentient of impressed thought,  
 Rich is, with goodly expectation fraught.  
 It's vivid sentiment does not abscond,  
 Though still the habitant of frailty's bond.  
 Without regret, it yields it's mortal breath,  
 And smiles with reason, in a friendly death.  
 For conscious innocence, all fears dispels,  
 And ev'ry doubt of future blessings quells.  
 Whilst the tongue fault'ring, scarce' to sound gives  
     birth,  
 As vision fades, upon the orb of earth.  
 The low sigh'd whisper, seems a wish to tell,  
 That breathes to all—here left, a last Farewell.

T H E   E N D.



# ERRATA

## IN THE POEM.

Page	Line	
5	11	for <i>admired</i> read <i>admir'd</i>
13	8	— <i>food</i> read <i>good</i>
17	15	— <i>figb</i> read <i>fighs</i>
29	2	in <i>Poconians</i> delete <i>s</i>
31	8	for <i>need</i> read <i>meed</i>
37	21	— <i>varied</i> read <i>vari'd</i>
39	22	— add ' to thoughts and delete the sequent <i>comma</i> after it.
	3	— <i>sway</i> read <i>say</i>
43	16	— <i>respird</i> read <i>respired</i>
45	6	— of the note for <i>nox</i> read <i>mor</i>
53	1	— <i>to</i> read <i>so</i>
54	4	— <i>or</i> read <i>but</i>
56	22	after <i>satisfaction</i> insert a <i>comma</i>
62	3	for <i>know'st</i> read <i>know</i>
63	14	— <i>the realms</i> read <i>thy</i>
	15	— <i>which</i> read <i>where,</i>
	16	— <i>explored</i> read <i>explor'd</i>
65	10	after <i>despair</i> insert a <i>comma</i>
	21	for <i>unfullied</i> read <i>unfulli'd</i>
73	16	— <i>an</i> read <i>And</i>
	19	— <i>unalloy'd</i> read <i>unalloyed</i>
77	24	— <i>i</i> in <i>Paroxism</i> insert <i>y</i>
83	19	— <i>rugged</i> read <i>froward</i>
84	3	— <i>studied</i> read <i>studi'd</i>
87	15	— <i>sables</i> read <i>sable</i>
92	6	— for <i>impose</i> read <i>improve</i>
95	3	in <i>rocks</i> delete <i>s</i>
97	11	in <i>minds</i> — <i>s</i>
101	9	for <i>internal</i> read <i>interval</i>
102	1	— <i>raucidinous</i> read <i>raucedinous</i>